# Stop bullying!

# **Bullying in school**



## **Central features:**

**Bullying** = subtle form of violence

# **Bullying** ≠ a single act, but a series of recurring attacks

# **Special characteristics:**

- School dynamics
- Group pressure

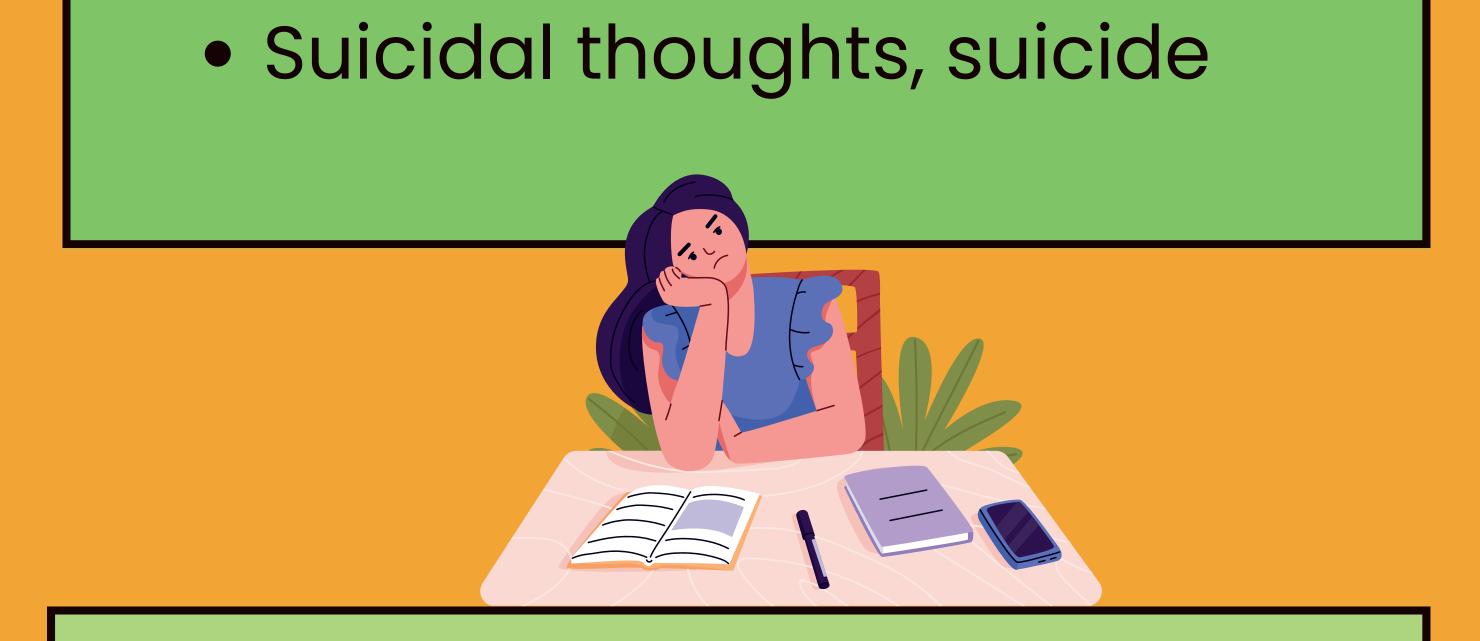
- Targeted harm
- Repetition
- Imbalance of power

# **Effects of bullying:**

- Anxiety, depression
- Physical complaints
- Decline in performance
- Loss of self-esteem
- Alcohol and substance abuse

- Influence of teachers and school administration
- Impact on the learning environment and community





## **Preventive measures:**

- Establishing common rules
- Improving communication skills
- Establishing conflict resolution

### Strategies for victims:

- Don't stay alone
- Keep a bullying diary
- Build self-confidence
- Address bullies directly
- Inform adult authority figures

# Interventions:

- Direct confrontation with the
- perpetrator

# methods

- Strengthening the community through civility
- Early detection of bullying and intervention for prevention
- Indirect measures to support affected individuals
- Community support and strengthening of social norms in school



This project was funded with support from the European Commission. The author alone is responsible for the content of this publication; the Commission shall not be liable for any further use of the information contained therein.



