

# *School Bullying*

- School bullying is a type of bullying and a serious problem that many children and teenagers face. Nowadays, about 30% of them (in Greece alone) has been a victim.



# Reasons of school bullying

- Gender bullying
- About appearance (clothes, weight, height, etc.)
- About religion and beliefs
- About grades at school
- Colour of skin
- About health problems
- Learning difficulties
- And many more...



- A child or a teen can start bullying because of jealousy, dislike ,and the fact that many parents don't educate their sons and daughters how painful bullying can be for the victim. It has many consequences ,which we will see on next page. Bullying types are:

- Cyber bullying
- Violence
- Sexual bullying
- Verbal bullying
- Emotional bullying



# Consequences of bullying

- Bullying has very negative effects to the victims' emotional world. These problems stay for a long time, they may never heal.
- The victim starts suffering from depression, he can even stop eating. This makes him anorexic. He also stops sleeping, and his confidence is ruined.
- In the worst case, the person who has been bullied, has an idea, which seems the only easy way to exit from this problem: to commit suicide.
- If we talk about a child or a teen, they often make excuses to miss school.



# Ways of prevention

- Don't keep it a secret. Talk to an adult you trust, like your parents/ relatives and your teachers.
- Stay calm, because bullies will see you ignore them, and they will probably stop it.
- You can also have support from your friends. Remember, you are stronger together!
- Don't bully them back. You make them even angrier. This leads to worst situations.
- Don't even try to harm your self, no matter how sad, depressed or damaged your feelings are.

# Talk to someone!







This is the end of our presentation. We did our best and we hope you like it!

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