

How to help them?

Your positive influence and attitude can make a difference.

you can ask the bully to stop, if he doesn't stop you can ask a student or a teacher for help.

you can also file a complaint against your stalker.

you don't have to wait for things to get worse to talk about it.



L'UNICEF

United Nations of International
Children's Emergency Fund

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**STOP BULLYING AND
CYBER-BULLYING**

**BULLYING IF WE DON'T
TALK ABOUT IT, IT
DOESN'T STOP**



Bullying and Cyber-bullying

WHAT IS THIS ?

Bullying is defined as repeated violence which can be verbal, psychological or physical. Bullying stops when you go home

Cyber-bullying is using the internet or all phones to upset someone else on purpose, often over and over again.

The person being cyberbullied can not get away from the bully. The bullying can take place 24 hours a day, 7 days week.



WHO IS CONCERNED WITH CYBER-BULLYING ?

Anyone can be affected by cyber-bullying but girls are about twice as likely as boys to be victims and perpetrators of cyberbullying

WHAT ARE THE CAUSES?

The bullying causes emotional pain to the largest. Cyber-bullying is a major cause of depression and suicide among teenagers. the victims feel excluded.

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**Courage is fire
and bullying is
smoke**

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WHO IS CONCERNED WITH BULLYING ?

Anyone can be affected by bullying:

- Disabled person
- Teenagers
- Adults
- children

