

CYBERBULLYING

How to deal with cyber-bullying

- Create and maintain a climate of open communication, and hold frequent conversations about the Internet and technologies, instead of waiting for problems to occur before issues are addressed;
- Encourage kids/ teens to talk about the problems they face on the Internet or with other technologies, such as mobile phones, and listen to what the children / young people have to say;
- Explain to kids and teens who are victims of cyber-bullying that they themselves are not to blame;
- Emphasize that asking for help is not a sign of weakness, but a statement that sends a message to the aggressor that his type of behaviour is not to be tolerated and will not be allowed to continue.

How to prevent cyber-bullying

- Educate yourself, your colleagues and your students on how to use information and communication technologies ethically, responsibly and safely.
- Teach children/ young people about the risks of placing photographs, videos and other personal data online, which could be used by their peers in acts of cyber-bullying;
- Pay attention to what peers or students tell you about potential cases of cyber-bullying and do not underestimate, minimise or ignore the situations reported to you (for example, by saying: " just ignore it" "don't take it seriously", etc.).
- Do not react impulsively to protect the kid/ teen. As an example, know that punishing the victim does not help. If a child is a victim of cyber-bullying, do not deny his or her right to access to the computer or the Internet;
- If your peers/ students are victims of cyber-bullying, make it clear that you will work with the young person to find a solution;
- Monitor the use of information and communication technology by the children and teens of whom you are in charge. Choose the location and positioning of the computer carefully. Avoid isolated areas (kid's or teen's room), opting instead for spaces of greater circulation.

Disciplinary Curriculum Area Project Area



Class F ; Grade 6th

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“BULLYING IN SCHOOL“



**“... 40% of children in Portugal
suffer from this problem...”**

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BULLYING

The term "**bullying**" includes all forms of aggressive attitudes, intentional and repeated, occurring without apparent motive, taken part by one or more individuals against others, causing pain and anguish, and implemented within a relationship of unequal power. In sum, these repeated acts between members of a given community (peers) and the imbalance of power are the essential elements which render possible the intimidation of the victim.

At first glance, these may appear to be simple games, but should not be taken as such. The moral, verbal, and even physical aggression suffered by the students cause much suffering to the victims of these "jokes", and can lead to depression.

The perpetrators are individuals with little empathy. Often, they come from broken homes with weak affective ties between the members of the household.

The parents of these individuals exert little supervision over their children, tolerate and provide improper behavioural models relating to conflict resolution or aggressivity. It has been demonstrated that those who practice the "**bullying**" have very strong tendencies towards becoming adults displaying anti-social and / or violent behaviour and may even become criminals.

Bullying has motivated researchers and educators of all areas to investigate the underlying causes that lead to human trivialisation, the loss of collective social values and of the meaning of the word "respect" in relationships between peers. This English word defines this way of intentionally mistreating another person.

Main forms of BULLYING

- **Physical** (hitting, kicking, pinching, injuring, pushing, attacking).
- **Verbal** (labelling of "nicknames", making fun of, insulting).
- **Moral** (defamation, slandering, discrimination, tyrannising).
- **Sexual** (abuse, harassment, insinuation, rape).
- **Psychological** (intimidation, threat, harassment, snubbing, terrorising, ignoring, humiliating).
- **Material** (stealing, destroying equipment and personal belongings).
- **Virtual** (insulting, discriminating, defamation, humiliation, offending by means of the Internet and mobile phones).

- **Targets of "bullying"** - are the students who suffer only from "bullying".
- **Targets \ author of "bullying"** - are the students who both suffer and practice "bullying".
- **Authors of "bullying"** - are the students who practice only "bullying".
- **Witnesses of "bullying"** - are the students who do not suffer from the "bullying", but are aware of it and are involved in the environment where it occurs.

Effects on the victims include

- Reactive depression, a form of clinical depression caused by exogenous events.
- Post-traumatic stress disorder.
- May turn him/herself into an aggressor.
- Anxiety.
- Gastric problems.
- General pain
- Loss of self-esteem.
- Fear of expressions and emotions.
- Relationship problems.
- Drug and alcohol abuse.
- Self-mutilation.
- Suicide (also known as bullycide).

Effects on the school include

- High levels of school absenteeism
- High level of disciplinary measures related to minor ills.
- Disrespect to teachers.

How to act towards a victim of BULLYING?

- Know that he/she is in need of help.
- Do not try to ignore the situation.
- Try to keep the calm.
- Show that violence needs to be avoided.
- Do not chafe or intimidate him/her.
- Show that you know what is happening
- Talk to him/her.
- Assure that you want to help.
- Try to identify the problem as it stands in the present time.
- With his/her consent, try to come in contact with the school.
- Help him/her find non-aggressive means to deal with the situation.
- Encourage him to apologise to the victim.
- Try to underline positive traits in him/her, in order to raise their self-esteem.

Starting May 12, the **National Association of Teachers** has created a **telephone support line addressed to teachers, students, families and victims** involved in the various forms of "**Bullying**", either as perpetrators or as victims, as those involved in these situations are often living a tragedy of fear and standing in silence. This telephone support line will be prepared to listen and give the necessary support, within a frame of confidentiality.

The creation of this support line is part of a project entitled "**coexistence in schools**", developed by the Association, in partnership with researchers at the Universidade Lusófona do Porto, based on a growing concern about violence in the school community, as confirmed by the results of UNESCO, which has launched the following alert: **25% to 50% of students are victims of "Bullying"**.

The telephone number of the support line is **808 968 888** and this new project aims above all the promotion of coexistence in schools, helping to prevent and combat phenomena of conflict, violence and indiscipline.