

## WHAT IS BULLYING

Bullying is a **repetitive, prolonged** form of **aggressive and/or violent behaviour** towards one or more persons against their will.

Bullying behaviour has a **social function**, resulting from and/or to establish an **imbalance of power** within a social group, it has the aim to establish a hierarchy.

Over the long-term, bullying behaviour can lead to **consequences** for the victim's, but also the perpetrator's **emotional well-being and self-esteem**, their **physical and psychological health** as well as their ability to form meaningful relationships, to learn and perform well in school or at work.

**60.3%** The number of the cases of bullying is increased in the last years

Who can prevent bullying?

**80%** School **73.8%** Society **77.6%** Teachers themselves

What I can do to prevent bullying:

**78.5%** Use specific methods  
Talk with students about problems **73.8%**  
**52%** Manage the situation

## PARENTS' PERCEPTION \*

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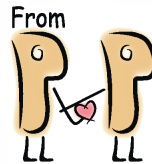
Who can prevent bullying?  
**85%** School and Society  
**48.7%** Parents themselves

What I can do to prevent bullying:

**92.2%** Discuss with teachers  
Talk with my children **81.1%**  
**67.5%** Monitor the activities on internet

## TEACHERS' PERCEPTION \*

## From Peer to Peer



European Schools Cooperating to be Bullying Free



www.ibi.es



www.ucll.be



www.action.gr



www.uc.pt/fpce



www.europole.org



www.mavtelep.wesley.hu



www.isjarad.ro

## PROJECT PARTNERS

Know your school and district policies on bullying  
Treat students and others with warmth and respect  
Conduct classroom activities around bullying  
Discuss bullying with colleagues  
Take immediate action

## TIPS TO HELP TEACHERS

Talk with and listen to your children everyday  
Be a good example in your daily life  
Make sure your child understands what bullying is  
Monitor the use of internet and mobile devices  
Create healthy anti-bullying habits

## TIPS TO HELP PARENTS



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