Bully Prevention:

Creating a Safe and Inclusive Environment

What is bullying?

Bullying can be defined as repeated, intentional, and aggressive behavior that involves an imbalance of power or strength. It typically occurs in a relationship where one person, or a group of people, intentionally and persistently harm, intimidate, or coerce another person who may have difficulty defending themselves.

Types of Bullying

Verbal bullying – Name-calling, teasing, taunting or using derogatory language.

Physical bullying – Hitting, kicking, pushing or physical harm.

Social bullying - Spreading rumors, gossiping, excluding someone from social activities, or manipulating relationships.

Cyberbullying - Using social media, text messages, or emails to harass, threaten or intimidate.

How big is the problem?

1 in 5 high school students reported being **bullied** at school in the last year.

More than 1 in 6 high school students reported being **cyberbullied** in the last year.

Common effects of Bullying

Emotional and Psychological Impact
- Anxiety, depression, low self-esteem, isolation

Academic Impact
- Poor academic performance and school avoidance

Behavioral Changes
- Aggressive Behavior and Substance Abuse

Social Consequences
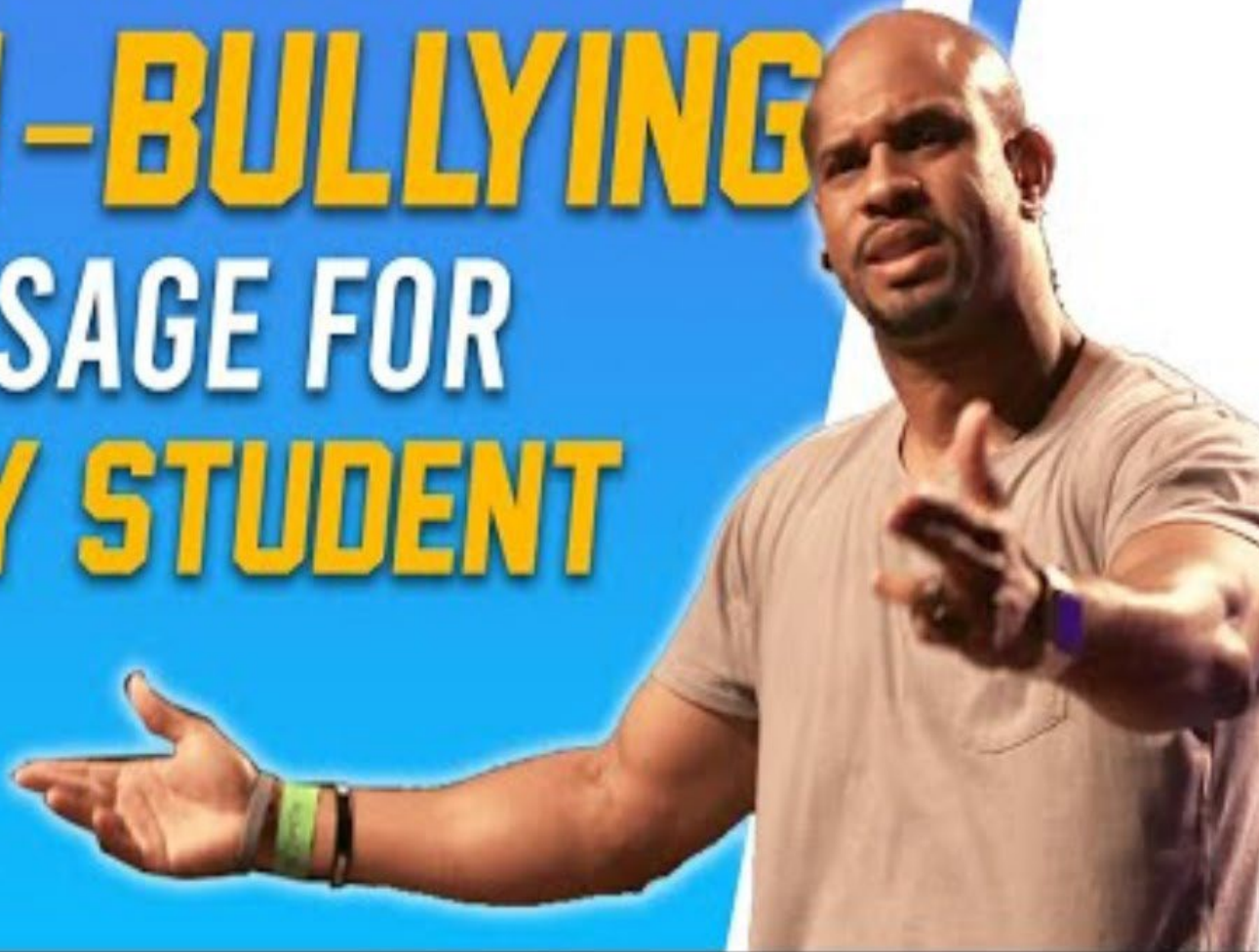- Difficulty forming relationships and social withdrawal

Bystander Effects
- Guilt and stress

Impact on Perpetrators
- Legal consequences and social isolation

Discussion

- How can you as a student contribute to creating a safe and inclusive environment in schools?

- How do bystanders play a role in bullying situations and how can they effectively intervene?

- How has technology and social media changed bullying in high schools? How can we fight against it?