



Bully Prevention:

Creating a Safe and
Inclusive Environment

The Importance of Bully Prevention

Mental and emotional well-Being

Academic performance

Creating safe environments

Long-term impact on individuals

Building healthy relationships

Reduce drop-out rates

Physical Health

Fostering inclusivity

Empowering bystanders

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

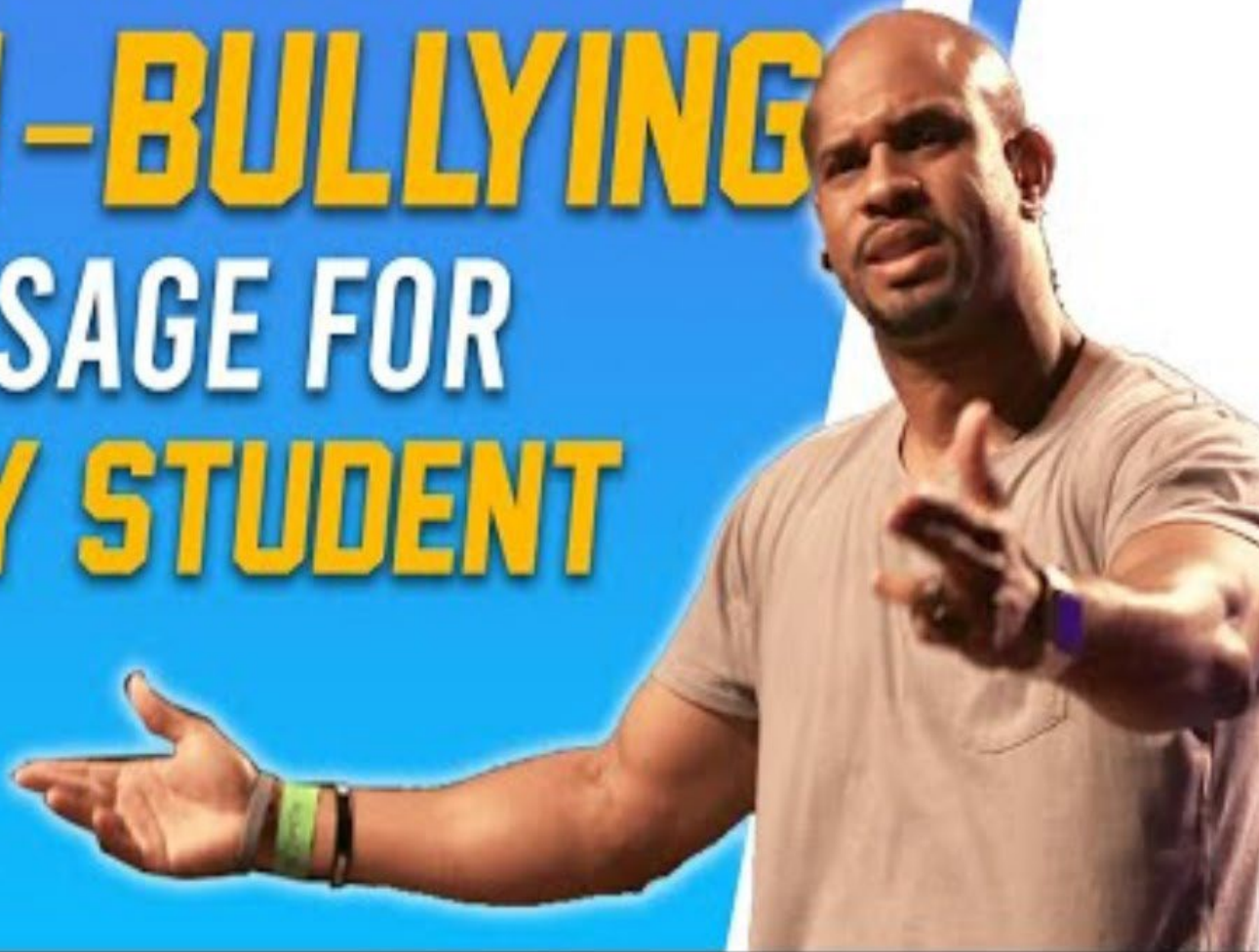
Bystander Effects

- Guilt and stress

Impact on Perpetrators

- Legal consequences and social isolation

ANTI-BULLYING
MESSAGE FOR
EVERY STUDENT



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?