Hello, we are Lydia Aguilar, Megan Rodrigo and Mirka Arevalo and we are from the same high school Celestí Bellera, in Granollers, Barcelona. We are here to talk about solutions and information about bullying. The first we did was a brainstorming where there was more volunteers.

The main problem when bullying starts is that the person who's suffering this, is unable to say nothing because is afraid about what problem may report in one future or anyway, because they think is the most normal way that people have to treat them, and they accept this, because they don't know how to change the way how people treat them.

By the way, people around us could help us, but only if we allow to accept and If they are able to know or see what is suffering the person is sitting next to us or is in our class or anywhere.

Also we've the ciberbullying that is another incident of harassment, like bullying but using social networks. This is more easy to do, for part of us, but also is easier to prevent without giving importance at all that the stalker do or said for call the attention.

Here we've some solutions about ciberbullying:
- The first thing we have to know is how to use social networks.
- And that means probably delete an account if you're being bullyed on it, select the content that you upload and delete it.
- Awareness people (parents, students, teachers) what is bulling and what is the limit.
- Communication... in case that there aren't solutions change your lifestyle, move on, change school, etc.

If we give wings to that people and we don't stop them at the moment, we'll be feeding at the enormous monsters of the bullying.