Manuel Cargaleiro Secondary School
Erasmus + program

# BULLYING AIN'T COOL

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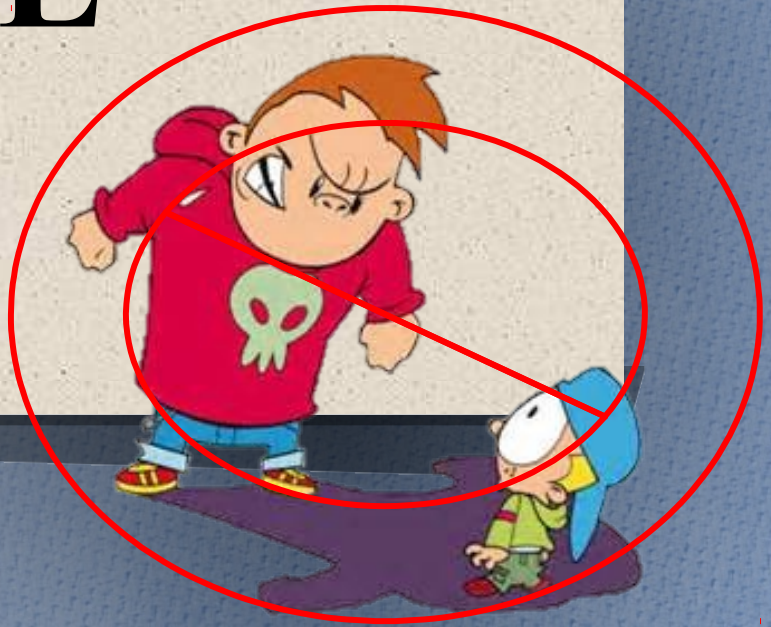
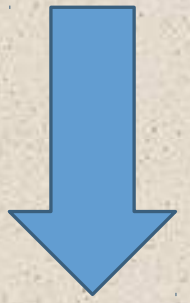
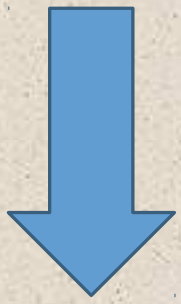


# What is bullying?

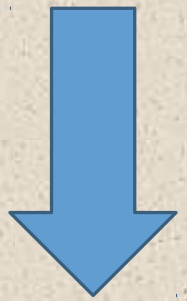
Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Its intention is to hurt the victim in various ways.



Psychological Bullying



Physical Bullying



Cyberbullying

# Act

## Prevent

If you know a bully:

- Try to understand their situation.
- Try to make them understand that what they are doing is wrong

## Support

If you know a victim:

- Try to make them feel better emotionally
- Try to understand how the person feels
- Make the person express their feelings
- Try to encourage the person and make them happy

## Tell Someone

If you are a witness or a victim:

- tell your parents
  tell a teacher
  report to the authorities

# Be happy

Bullying is an increasing problem in our society, so we have to stick together and fight it at all costs!

## LET'S BUILD A SOCIETY OF HAPPINESS

# ATTENTION

We have to stop thinking of bullying as an ordinary behaviour. It's so frequent nowadays that we usually tend to perceive it as a part of our daily basis.