

PROJECT ERASMUS+

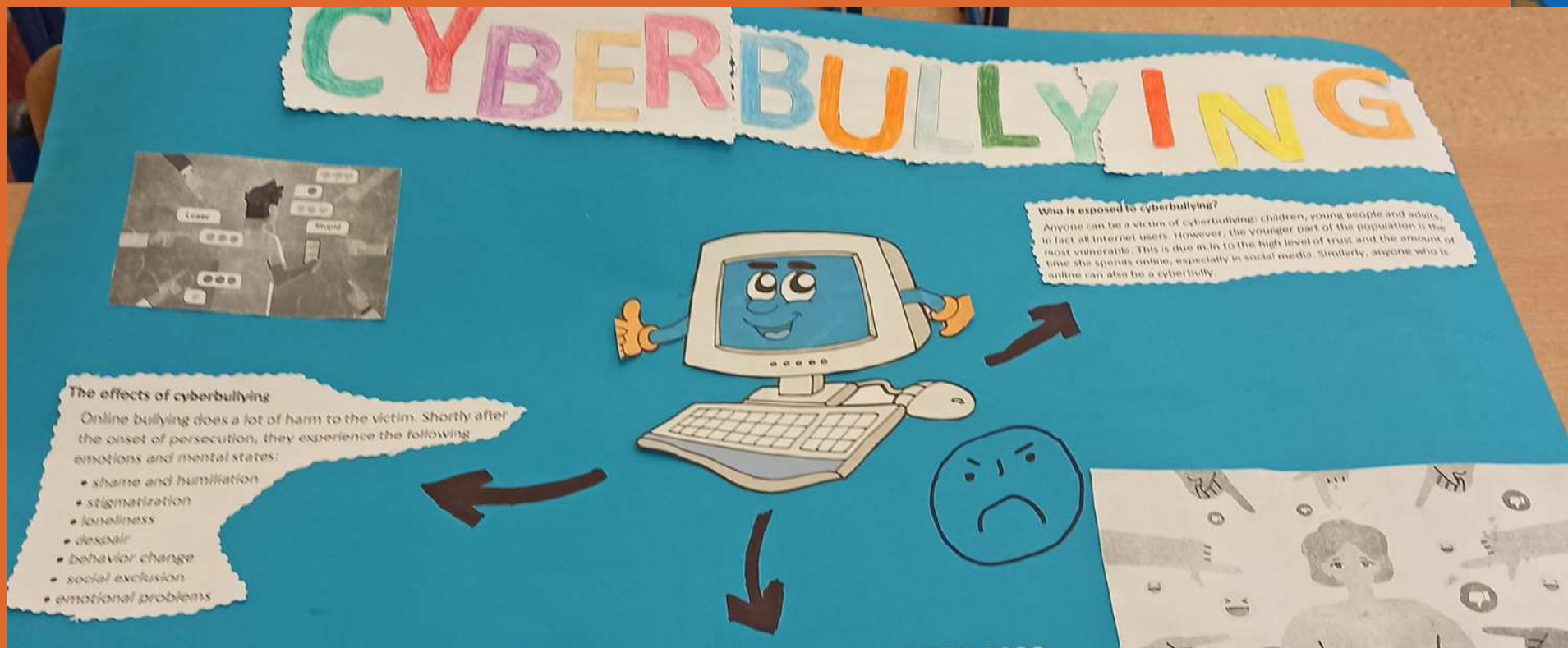
***"Let's eliminate bullying and promote
mutual kindness"***

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Posters
made by students
during workshops as part
of the project







The effects of cyberbullying

Online bullying does a lot of harm to the victim. Shortly after the onset of persecution, they experience the following emotions and mental states:

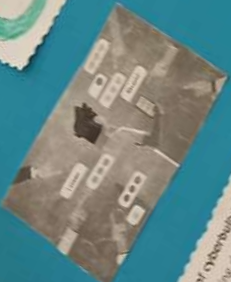
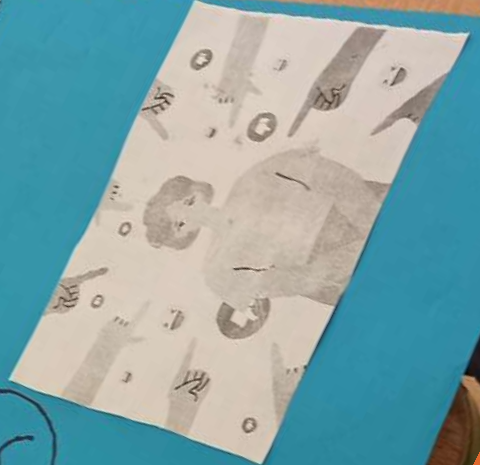
- shame and humiliation
- stigmatization
- loneliness
- despair
- behavior change
- social exclusion
- emotional problems

Who is exposed to cyberbullying?

Anyone can be a victim of cyberbullying: children, young people and adults, in fact all internet users. However, the younger part of the population is the most vulnerable. This is due in part to the high level of trust and the amount of time she spends online, especially in social media. Similarly, anyone who is online can also be a cyberbully.



CYBERBULLYING



The effects of cyberbullying
 Cyberbullying affects the lives of many people. It can cause:
 • depression
 • anxiety
 • low self-esteem
 • social isolation
 • physical symptoms like headaches and stomach aches
 • difficulty concentrating in school
 • thoughts of suicide



What is cyberbullying?
 Cyberbullying is the use of technology to bully someone. It can happen through text messages, social media, or email. It is often anonymous and can be very harmful.

WWW.CYBERBULLYING.COM

Impersonating another person
 Impersonating another person on the internet is a felony. The person who impersonates another person without their consent is guilty of a crime. If you are a victim of impersonation, you should contact the police immediately and report it to the police.

Behavior that emotionally harms another human being
 People who use the internet and mobile phones for the purpose of harassing or intimidating another person are guilty of a crime. People who have experienced cyberbullying feel hurt and very much experience what happened to them. They may experience negative thoughts and feelings, such as helplessness, shame, humiliation, fear and sometimes anger.

#!?\$%#@
 YOU ARE *****
 01:27



An offensive and usually aggressive online commenter or hostile and aggressive talk about subject or person.
 The victims of haters are exposed to psychological problems e.g. decline in self-esteem, depression, excessive stress, sadness.
 That's why, if you are a victim of a hater or know someone who is, call the number 1600 and you will get professional help. Report hateful comments to admins, block people who insult you and provoke you.

Threats these days are very common. But what if someone threatens you? What do you have to do? When someone threatens you don't be afraid to tell your parents or your teacher. Remember that threats are a crime. The sooner you read, the less chance that threats will get worse.



Sending out photos is, despite appearances, a serious problem. It's not funny at all. How would you feel if someone starts sending out your photos? Before you send someone their photo without their permission, think twice. Sending someone's photos is also a crime.



CYBERBULLYING

With the rapid advances in technology, cyberbullying is happening every day. This form of cyberbullying can also involve bullying up on girls or other in what each other in very nasty ways, experts have warned.

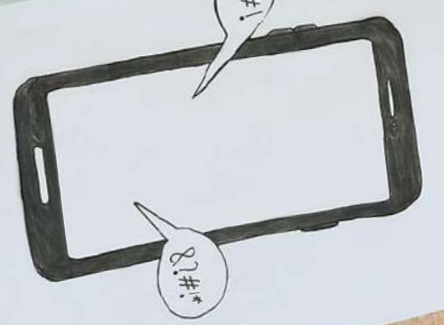


Cyberbullying is the use of technology to harass, threaten, embarrass, or target another person. Online threats and mean, aggressive, or rude texts, tweets, posts, or messages all count. So does posting personal information, pictures, or videos designed to hurt or embarrass someone else.

CYBERBULLYING



1. Evaluation
 Evaluation is the act of looking, sorting out, and illustrating evidence from an event or person's behavior. Evaluation is also used to judge and bring value to a situation.
 2. Assessment
 Assessment is a broad category which includes many types of measurement. It is generally refers to a substantial and systematic or personal information about someone which has a purpose, it measurement or formal activity then.
 3. Rating
 Rating is a broad category which refers to the act of giving, creating, giving, and personal information about someone which has a purpose, it measurement or formal activity then.



1. All your words on public spaces from...
 2. Always giving...
 3. Have your...
 4. Don't...
 5. Don't...
 6. Don't...
 7. Don't...
 8. Don't...
 9. Don't...
 10. Don't...

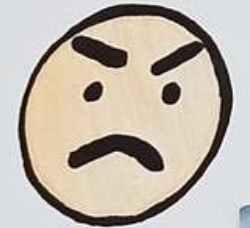


What to do when you are a victim of cyberbullying

- ask a trusted person for help!
- block the person who is harassing you etc.



Be sure to taste your words before you spit them out.



NO ONE DESERVES TO FEEL WORTHLESS



Rules for safe internet use

- Protect your privacy! Do not provide your personal data, such as: name, surname, telephone number or home address.
- Speak up if something's wrong!
- Don't trust people you meet online!
- Respect others online!
- Use the internet sparingly!











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STOP BULLYING



Handwritten text on a white piece of paper, partially obscured and difficult to read.

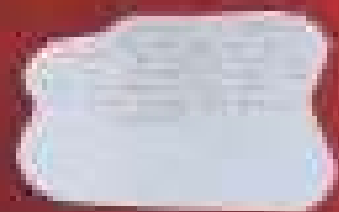
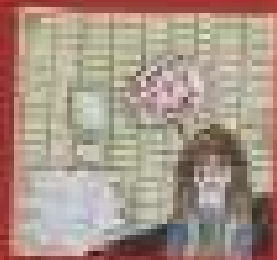
BULLYING IS BAD
IT HAS MASSIVE EFFECTS
ON THE VICTIM.
THAT'S WHY YOU SHOULD NEVER:

LET'S STOP BULLYING!!!



ERASMUS+

STOP BULLYING



LET'S REMOVE BULLYING

PARTNERZY

TURCJA

RUMUNIA

POLSKA

WIELKA
BRYTANIA

ROZWIĄZANIA

LET'S REMOVE BULLYING AND PROMOTE
KINDNESS TO ONE ANOTHER



LET'S STOP BULLYING!!!

BULLYING IS
NOT A GAME
IT CAN BE
DANGEROUS

