

# STOP BULLYING



## INTRODUCTION

**Bullying** is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems. Bullying can occur during or after school hours. While most reported bullying happens in the school building, a significant percentage also happens in places like on the playground or the bus.



**Cyberbullying** is bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur through SMS, Text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content. Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation. Some cyberbullying crosses the line into unlawful or criminal behavior.

## **I VS BULLYING**

I am never bullied at least I think. I was excluded several times in elementary school and even a little now in middle school, but i don't know if that was bullying.

I did not like the situation that arose at all.

Some time ago the teacher gave the whole class task to do as a group.

They did five groups and I was the only one alone. I didn't want to go to school and to see my friends again.

The next day, after telling the teacher, she was impressed.

so she decided to put me in one of the five groups and I was very happy.



## **BAD TRICKS**

Jennifer was bullied when she was young because she was fat.

When she went to school, she was laughed at by her friends who excluded her for everything.

They played tricks on her and made fun of her.

She has never talked to anyone about this and for this reason she closed in on herself.

Jennifer decided to move for too many insults. She began to be insulted on Whatsapp too.

She finally decided to talk to her parents about this. Her parents helped her.

Now Jennifer lives a peaceful life and she is surrounded by people who love her.

## **SHAME**

Veronica was a victim of cyberbullying, who committed suicide in a winter night. One Saturday evening, she went to a birthday party, and misused of alcohol.

She vomited. She passed out, being unconscious and drunk, and unfortunately her "friends", instead of helping her and calling help, took abuse of her body.

These people filmed everything with a mobile phone and posted it on social media. She was completely assaulted of shame and anger, so that same night, she decided to put end to her own life.

This is a very bad story.

" Words hurt more than blows".

## **A TRUE STORY, HANNAH**

I can feel their eyes on me as I walk to class. Everyone will have seen the pictures by now, and since they look real, no one believes that they that are digital creations. I can hear people whispering and snickering whenever I walk into a room. Text messages taunt me every day, and I think I know who is sending them, but without proof I feel helpless. The latest text says that I should expect more of the same if I don't do whatever they tell me to do. I'm scared to tell my parents because they might think the pictures are real, and I'm ashamed for them to find out what the other kids think of me.

## **MEAN MESSAGES**

A friend of mine arrived at school recently. She became our friend and Jack invited her to a party. She drank too much that night and she went to the bathroom to throw up and passed out. Some boys, instead of calling her father to take her home, pretended to have a sexual intercourse with her and made a video. The next day, she didn't remember anything. She woke up and switched on her phone. She found 2000 mean messages. She was shocked but she didn't tell it to anyone. The same night she wrote a message to her father. "I love you, Dad!" and she decided to jump out the window due to fear and shame.

## FAIR SKIN

My name is Nicola.

I am 12 and I have a bullying experience. I would like to tell you my history to help young people to be strong.

Every summer I go to the same beach in Rimini.

Two years ago, two boys bullied me. They gave me a nickname because of my fair skin.

The nickname they gave me spread all over the beach.

All kids started to call me only with that nickname. I began to feel really bad.

I told my parents everything and they suggested me to ignore them.

I tried to forget the nickname and to go forward as if nothing had happened, but days went on and the situation got worse. Thus, my parent went to talk with the parents of the two boys.

They stopped to call me by that nickname, but wherever I went to play on the beach the other children called me in that way.

I felt bad and I started to feel unsure of myself.

It is not nice to give nickname and make fun of other.



## **MISUNDERSTANDING**

Hi, my name is Mark. I am 18 years old and I live in Scerni, a small town. I wanted to tell you my story. I suffered from psychological bullying from the age of 9 to 15. I was very shy and I only had one friend, for this reason the guys of the town started bullying me. They sent me insults and made fun of me. Unfortunately one of my teachers, instead of understanding and helping me, immediately labeled me as 'the class problem'. She became very strict with me, preventing me from leaving the classroom, despite of my panic attacks. Luckily my parents helped me a lot to get out of this terrible situation and now I'm really happy.



## CYBERBULLIED

I think that cyberbullying is one of the worst things that a teenager may be exposed to. But in this age kids cannot act properly. The cyber-bullies are always not self-confident children who, in many cases, envy their victims. Thomas was bullied twice. The first incident happened 2 years ago in a new social site. One person sent him a message claiming that he was fake and that he wasn't a good friend. He was too offended to answer and he just disabled his account. The second episode happened a year ago. Those who he had considered his "best friends" tended to tease him often about his appearance. This teasing eventually led to harsh words exchanged over Facebook, which by a month time resulted in cyber-bullying. The bullying ended when he blocked them.





## MEAN WORDS

Giulia was a 14 year old girl.

She was girl like everyone else: she went to school, she went out and she had fun.

One evening she was invited to a birthday party.

She accepted the invitation and she went to the party.

At the party there were drinks, she drank too much and passed out.

The other guests did not call anyone to help her.

While she was unconscious they made a video of her engaging in sexual acts.

They posted that video on social media and she received a lot of insults. Out of shame on January 5, she committed suicide by throwing herself out of the window.

Words hurt more than blows.



## **BBF VS ENEMIES**

Me and Tasha live on the same street and she was my BFF for a while. But then we were put in different form groups and I couldn't see Tasha as much, so I made some new friends.

A few weeks later I got invited to someone's Halloween party and she didn't. Tasha was upset about it and told me not to go, but I didn't think that was fair so I went anyway.

After that, things got really strange at school. People started avoiding me and laughing behind my back. Then I saw my name in a web address on the girls' toilet wall.

When I looked it up, I felt sick. It was full of text that I'd written in secret to Tasha and she'd even posted some fake messages that she'd written herself.

She made me look really bad. And for weeks and weeks she just kept adding more stuff and it got more and more likes.

One day in IT I found the whole classroom laughing at a picture of me asleep on the bus with my mouth open, and I couldn't take it any more. I ran out of school and went home crying. My mum called the headmaster and he made Tasha shut the site down. Tasha's parents made her come over and say sorry.

It would be nice if I could say that I'd forgiven her, but loads of people saw that website and you can still find those pictures if you search for them. Because of Tasha, I worry about it all the time.

## A CYBERBULLIED FRIEND

One day in August my friend and I were walking around and at one point a big boy came and beat my friend and took a picture. The next day he called me and told me that he had seen his photo on Instagram, tik tok and facebook and the big boy became a bit famous. We talked to our parents and they told us that from that moment on my friend and I had to go out with our parents. One day we were all going out together and we saw the big boy. Immediately my father called the police and they took the big boy from there. At least nobody beat us and nobody took picture of us without permission.



## EMBARASSING PHOTOS

When Sara was a child she was bullied because she was chubby. When she went to school she was teased ,and when she entered to the class her friend laughed at her. All day she did not tell to anyone but one day a boy approached her. They became friends but this was just the beginning of a bad joke. Two days later Sara's new friend started teasing her by putting her embarrassing photos on social media. She saw her photos and the comments. They were full of insults and she decided not to tell her parents but decided to commit suicide out of shame.



## ONLY 14

Federica was a girl like any other. One day at a party she got sick from alcohol, so she went to the bathroom and passed out. Some boys saw her and instead of calling her parents, they took pictures of her and pretended horrible acts on her, recording everything with a video which then ended up on the internet. The next morning Federica was unconscious but as soon as she turned on the phone she understood what was happening. She found herself full of insult and mockery for things she hadn't done. She was full of shame and didn't know how to get out of that problem. So in the same night she opened her bedroom window and threw herself down, putting an end to her suffering. She was only 14 years old.



## REACTION

I was only 12 years old when the bullying first started, however, I did not reach out and tell someone until I was 13 years old. I was called 'fat' constantly and had jokes made about me. By this time, I thought it was the worst it could have been, but I was wrong.

I was then physically bullied, the leader of the bullies punched me on my left arm, he left a bruise. I kept this to myself as I thought it won't happen again. My mum had noticed the bruises but I had claimed that I "walked into a door" and I had "hit my arm on the table". I finally found the courage to tell my mum about the bruises. The boy was isolated for one day to see if his behaviour had changed.

However, the next day he and his friends lined up to push me on the floor. I have never felt so embarrassed in my life.

The comments about being fat also hadn't stopped. I became to stop eating.

The only way I could begin to help myself through the pain was by writing poems with meaningful words. Now I can do more than write poems, I can find my voice within me and tell people how much I have overcome and tell them how strong I am.

Bullies never win when you stand up and say no. With the help of my supportive network of friends and family, I am proud to say I am stronger than I ever knew I could be!

## CLOSE FRIENDS

"Hey, freak!"

John froze. It was that horrible bully Aaron again.

Whats for lunch?" Aaron smirked. John tried to run but Aaron was too fast for him. No!" John cried. Dont take my lunch box!".

Aaron just laughed and snatched it from him as usual. John felt pangs of hunger and shame because he allowed Aaron to take away the food that Mom made for him.

While Aaron ran away to bully other kids, John sat dejectedly in a corner. His heart was racing and he felt so helpless. That's when he felt someone staring at him. It was Maya, a girl from another class. She gave him a tiny smile. He smiled back, not wanting to let his feelings show.

"I'm fine," John mumbled.

"Okay, do you want to share my lunch? Maya said. Johns tummy was rumbling with hunger, and though he wanted to act tough, the offer was too tempting to refuse. Aaron came back.

Before John could react, Maya got up with a ferocious look oin her face. Maya broke off a piece of creamy chocolate cake and smeared it on Aarons face. The kids nearby started giggling, for they all disliked the bully. A Several other children lined up with John and Maya, confronting Aaron.

Aarons face crumpled and he moved away, muttering. John never lost his lunch again. He and Maya became close friends.

## A STOLEN PEN

Hi, I am Santiago and I was bullied at the primary school. My classmate called me "Chinese" , "fat" and other mean words. One day I lost a very important pen for me, I returned home but I didn't say anything because my mother would be angry :but in the evening she realized that I didn't have a pen. She got angry and I began to cry. She wanted to know what happened at school. My mother called the mother of my classmate, but the child denied and said that I had given it to him, but it wasn't true. The next day as soon as I arrived at school I asked for the pen , but it was all broken.

My classmates were very sad for me, so they bought a new pen and gave it to me as a present. The bully was ashamed and from that moment he didn't take my things without permission.







## "CROOKED FEET"

Mario was an Italian guy . He was a very good student but he couldn't play football very good . He was 12 years old and he was born in Turin . He went to middle School. When he played with his friends he was often wrong and his friends made fun of him and nicknamed him , "crooked feet" or "without feet ". Mario was very very sad because he was insulted and beaten by his friends. He talked with his parents and they decided to went to London in England for Mario and for his parent's work .During the period in London things didn't go better on the reather, they got worse. Mario couldn't bear this situation because he was being mocked everywhere, at school and on internet under his photos. Mario opted for suicide and left a letter to his parents . In the letter Mario was very sorry for suicide .



## A STORY TO REMEMBER

This is the story of Giorgia, a bullied girl and an unhappy end. Giorgia was 13 years old, she was a beautiful girl and she had a lot of friends.

One evening, during a party after drinking she fainted and some boys abused her body by filming with a telephone .

The next morning Giorgia , after waking up, switched on her telephone and she found 2000 message insulting for the night before.

In the same night Giorgia wrote the last messages to his father and immediately after she killed herself.



## **NO PREJUDICES**

Jenny was bullied.

She was isolated, excluded and derided for her physical appearance.

For a year he had lunch alone in the high school cafeteria.

Lunch time is when there is a great chance of being marginalized or threatened.

So she stopped eating, as not to suffer further violence.

Her mother's concern led her to change school where she was able to meet new friends and to have a positive experience.

STOP!  
BLOCK!  
TELL!

## CONCLUSION

**Bullying** is wrong.

It's **never ok**.

It's **never cool**.

It never makes you look good by doing it.

You always have a **choice**.

Be the person that is **smart** enough and **confident** enough to be friends with everyone you meet.

Make bullying a thing of **past**, not the present or future.

**"Be the Change You Want to See  
in the World"**

*-Ghandi*

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