



**YOU HAVE  
TO KNOW  
THAT**

Bullying is not "simply a joke", it is a behaviour which imposes suffering, humiliation and isolation.

Bullying is not "part of life", it should not be accepted. Only when people act against bullying the situation can change.

Nobody deserves to be bullied. If you are victim of bullying do not see yourself as the problem.

If you are witnessing bullying, **report to a teacher or an adult that you trust.**

If you stay silent, **you are contributing to the victims suffering**, who is left isolated and helpless.

Being silent may reflect to you other students **who may be bullied soon as well.**

If you are a victim of bullying, **do talk to a teacher, parent or a friend.**

Who can help at school:



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**BULLYING -  
Let's speak  
about it!**



**WHAT IS BULLYING AT  
SCHOOL?**

- Bullying is **offensive or aggressive behaviour**, perpetrated by one or more students within a group, **repeatedly over time.**
- It is hurtful to one or more students with the purpose of **exercising** power of control over the victim.
- Such behaviour can take the form of **physical, verbal or psychological forms of violence**, repeatedly and directed against others.