



BULLYING AND THE POWER OF EMPATHY AND SYMPATHY eTwinning PROJECT FINAL OUTCOME





Bullying Stops Here: A Global Project for Safe Schools

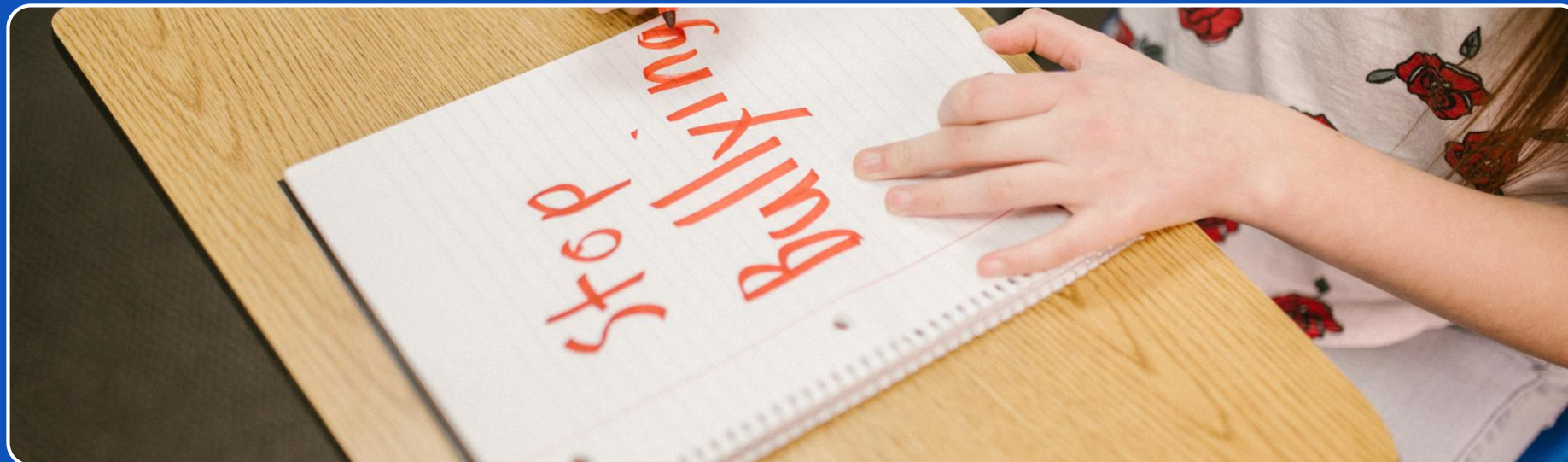


2024-2025
ETWINNING PROJECT



CONTENT:

- ⊕ Introduction to Bullying
- ⊕ Understanding the Bully and the Victim
- ⊕ The Consequences of Bullying
- ⊕ Lesson Ideas on Emathy and sympathy





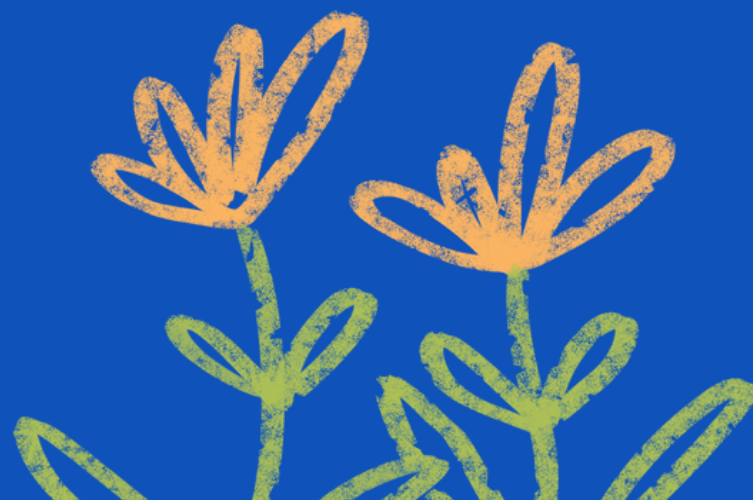
CHAPTER 1:

INTRODUCTION TO BULLYING

- WHAT IS BULLYING?
- TYPES OF BULLYING: PHYSICAL, VERBAL, CYBER, AND EMOTIONAL
- THE IMPACT OF BULLYING ON INDIVIDUALS AND COMMUNITIES



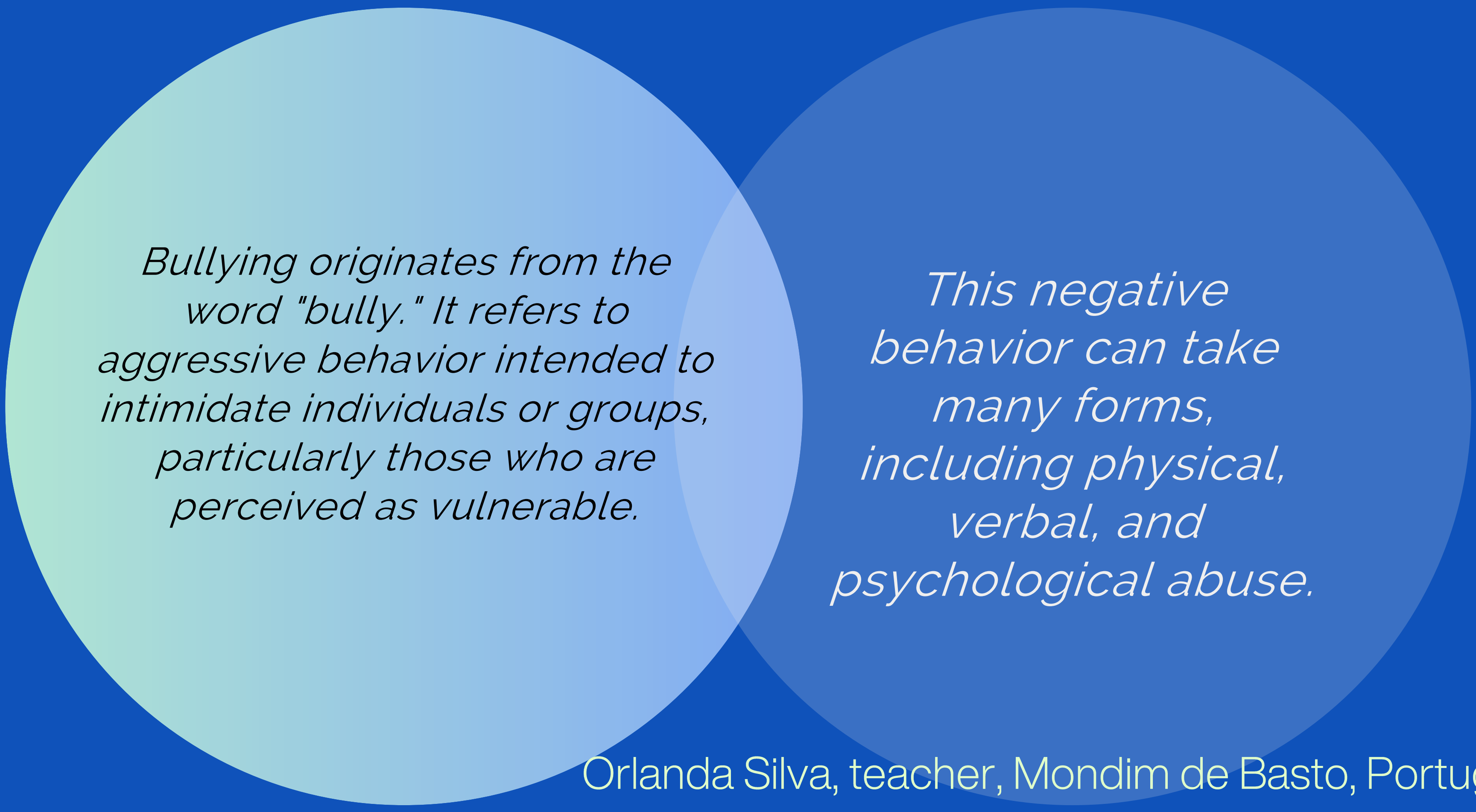
WHAT IS BULLYING?



TEACHERS' OPINION

WHAT IS BULLYING?






Bullying originates from the word "bully." It refers to aggressive behavior intended to intimidate individuals or groups, particularly those who are perceived as vulnerable.

This negative behavior can take many forms, including physical, verbal, and psychological abuse.

Orlanda Silva, teacher, Mondim de Basto, Portugal

A photograph showing two people working at a desk in an office or school setting. On the left, a person with dark curly hair is seen from the back, wearing a white shirt and a black backpack, looking at a laptop. On the right, a person in a white shirt is seen from the side, also working on a laptop. The desk is cluttered with various items like pens, a water bottle, and papers.

Bullying is a repeated, intentional behavior where one person or a group of people uses power, aggression, or intimidation to harm, humiliate, or control another person. It can take many forms, including physical, verbal, emotional, or digital abuse (cyberbullying).

At its core, bullying creates an imbalance of power, where the victim feels unable to defend themselves. It often leads to feelings of fear, isolation, and helplessness in those targeted, affecting their emotional well-being, self-esteem, and overall quality of life.

The key elements of bullying are:

- 1. Intentionality:** The actions are meant to hurt or control.
- 2. Repetition:** The behavior happens multiple times or has the potential to repeat.
- 3. Power Imbalance:** One person has more physical, social, or psychological power than the other.

Bullying can occur in schools, workplaces, online, or anywhere people interact, and its impact can be long-lasting.

STUDENTS' OPINION

WHAT IS BULLYING?



1

I've seen how much bullying hurts people. It doesn't just make them sad for a little while—it can make them feel bad about themselves for a long time.

FELIX, RO

2

If someone is being bullied, it's important to tell an adult. I know it can feel like tattling, but it's the only way to help stop it.

AZIZ, TR

3

Bullying is something we can all stop if we work together. It's about creating a safe and kind environment for everyone, not just for some people.

LILI, AZB

1

Bullying is constantly harming or disturbing a person, making harm a habit.

Breaking people's self-confidence or making them cry can be bullying. Swearing, making fun of or hitting is also bullying.

Seda.15(15 Temmuz ŞKAİHL-Sadiye's Team), TR

2

Being constantly mean to someone as if you were joking, constantly targeting someone in class and damaging their self-esteem, or making them cry can be bullying.

ElifNur.15(15 Temmuz ŞKAİHL-Sadiye's Team), TR

3

Swearing, making fun of, or hitting someone, or taking pleasure in upsetting them are all acts of bullying.

Nazlı.15(15 Temmuz ŞKAİHL-Sadiye's Team), TR

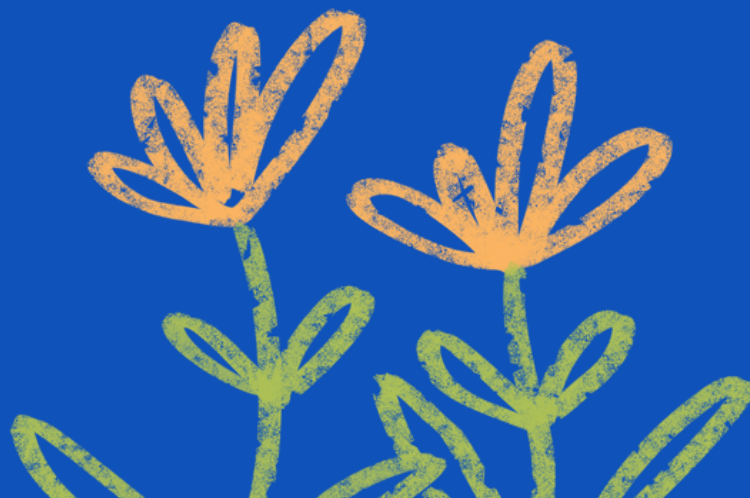
Bullying is when someone intentionally insults, teases, scares or hurts another person. This can be physical (pushing or hitting), verbal (mocking, ridiculing) or online (sending mean messages). The person who is being bullied feels sad, scared and alone.



Kristijan, K., Maximiljina, Č., Lara Ć, Petra S.
High school Ivana Lucića-Trogir, Croatia



TYPES OF BULLYING



It can occur in various forms, including:



- 1 Physical bullying:** Involves physical harm or threats, such as hitting, kicking, or damaging someone's belongings.
- 2 Verbal bullying:** Includes name-calling, insults, or spreading harmful rumors.
- 3 Social bullying:** Often subtle, it involves excluding someone, spreading rumors, or damaging their relationships or reputation.
- 4 Cyberbullying:** Using digital platforms like social media, texts, or emails to intimidate, embarrass, or threaten someone.

Bullying has serious consequences, affecting the emotional, social, and academic well-being of victims and even the mental health of perpetrators. Educating people on empathy, kindness, and respect is crucial to preventing and addressing bullying effectively.

- **physical bullying**
- **verbal bullying**
- **social or relation bullying**
- **cyber bullying**
- **sexual bullying - inappropriate or aggressive actions of a sexual nature such as commentaries, gestures or unwanted physical contact; if leaves severe emotional effects and violate personal boundaries**
- **prejudicial bullying on their race, religion, gender or other attributes**

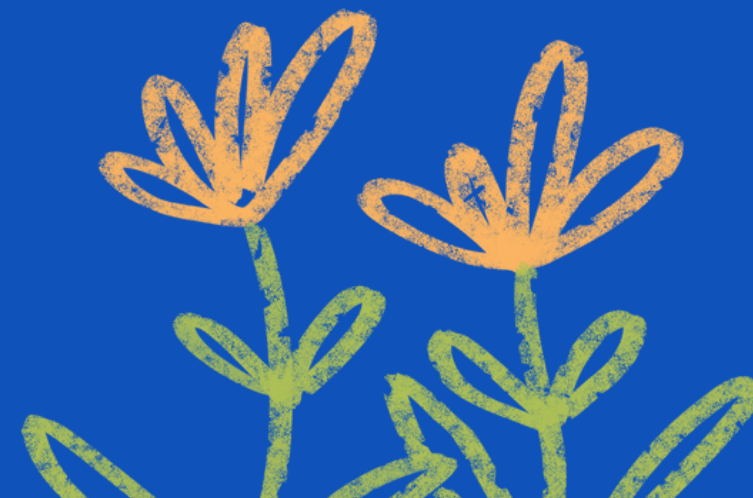


Lorena, B, Ela B., Antonija R.
High school Ivana Lucića-Trogir, Croatia

Filanthi Bampali, teacher,
20o Dimotiko Scholeio
Kalamarias



THE IMPACT OF BULLYING ON INDIVIDUALS AND COMMUNITIES





**Filanthi Bampali, teacher,
20o Dimotiko Scholeio
Kalamarias**

***BULLYING HAS FAR-REACHING
CONSEQUENCES, AFFECTING NOT
ONLY INDIVIDUALS WHO ARE
DIRECTLY INVOLVED BUT ALSO THE
BROADER COMMUNITY.***

**Konstantina - Dimitra - Argy
GR**

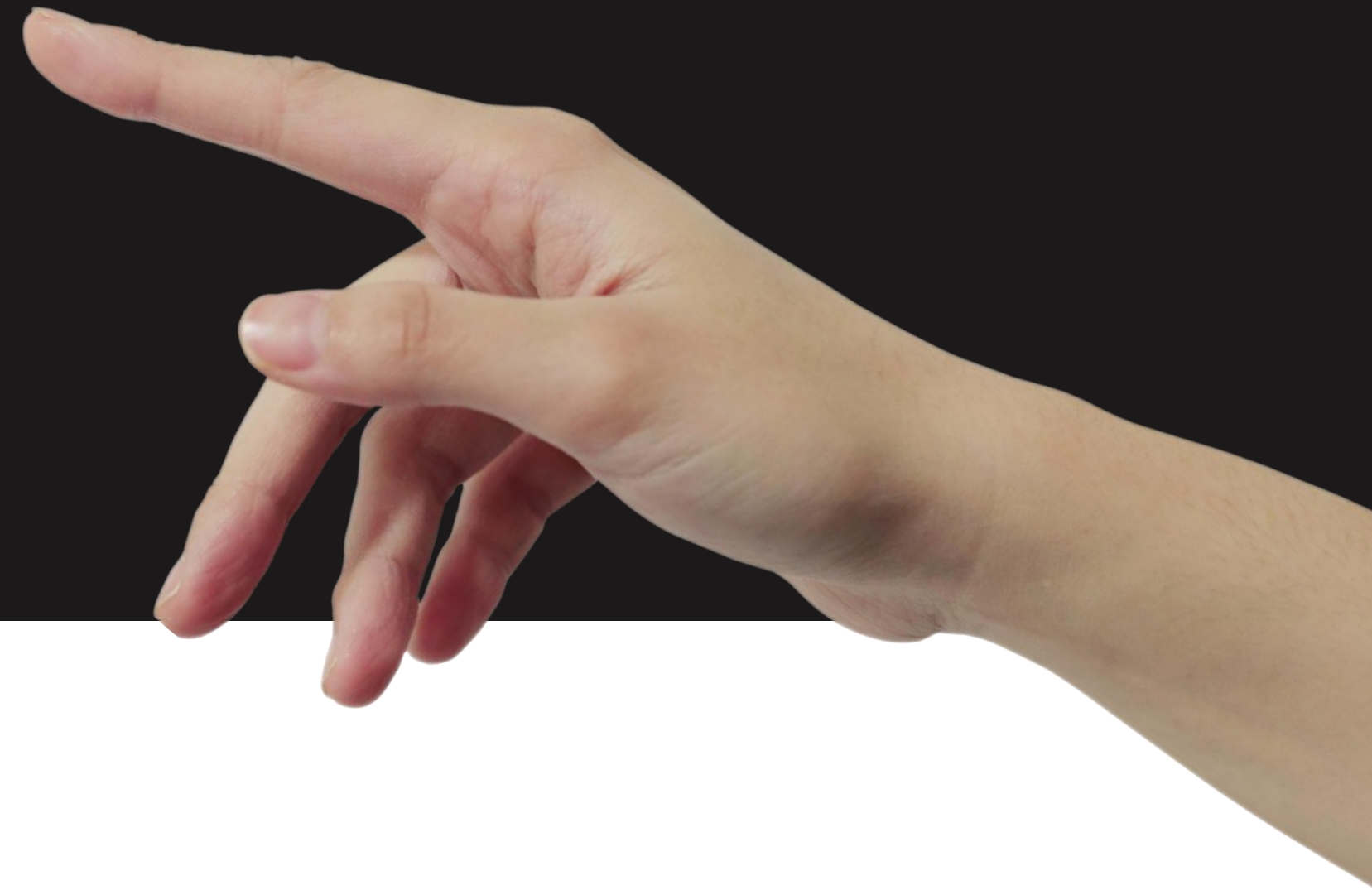
**BULLYING CAN HARM INDIVIDUALS BY
CAUSING LOW SELF-ESTEEM, ANXIETY,
DEPRESSION, AND EVEN LONG-TERM
EMOTIONAL TRAUMA. IT ALSO
AFFECTS COMMUNITIES BY CREATING
A CLIMATE OF FEAR, REDUCING TRUST,
AND CREATING TOXIC ENVIRONMENTS.**

**Theo - Greg - Zachos
GR**

**ITS IMPACT CAN BE EMOTIONAL,
PSYCHOLOGICAL, SOCIAL, AND EVEN
ECONOMIC, LEAVING LONG-TERM
SCARS ON BOTH VICTIMS AND
WITNESSES WHILE DISRUPTING THE
HARMONY OF SCHOOLS,
WORKPLACES, AND NEIGHBORHOODS.**

Georgia - Thanos - Stamatia

EFFECTS ON INDIVIDUALS



VICTIMS:

Emotional and Psychological Damage:

Victims often experience anxiety, depression, and low self-esteem. They may struggle with feelings of worthlessness and self-doubt, which can persist into adulthood.

Academic or Professional Decline:

Bullying can interfere with concentration and motivation, leading to poor performance in school or at work.



Physical Health Issues: The stress caused by bullying can manifest in headaches, stomach aches, and other physical ailments.

Social Withdrawal: Victims may isolate themselves to avoid further harm, leading to loneliness and a lack of supportive relationships.

Increased Risk of Self-Harm: In severe cases, bullying can lead to self-harming behaviors or suicidal thoughts as individuals feel hopeless and unable to escape the torment.

BULLIES:

Emotional Consequences:

Bullies themselves may struggle with guilt and regret later in life.

FUTURE RELATIONSHIPS:

They may develop unhealthy patterns of dominance and aggression in future relationships.

LEGAL OR DISCIPLINARY ISSUES:

If unchecked, bullying behaviors can escalate, leading to disciplinary action or even legal trouble.



BYSTANDERS:

A hand holding a magnifying glass, with the lens positioned over the word "BYSTANDERS" in the title.

Feelings of Guilt:

Witnessing bullying without intervening can lead to guilt and helplessness.

Normalizing Harmful Behavior:

Bystanders who remain passive may begin to see bullying as acceptable, perpetuating a culture of silence.

EFFECTS ON COMMUNITIES:

- **Erosion of Trust:** In schools or workplaces where bullying is prevalent, trust between individuals breaks down, creating an environment of fear and

Negative Culture: Bullying fosters a toxic culture where aggression is rewarded, and kindness is undervalued.

Lower Overall Performance: Whether in schools or workplaces, the emotional toll of bullying can reduce productivity, creativity, and collaboration.

Economic Costs: Addressing the consequences of bullying, such as counseling, legal actions, or workplace turnover, can impose financial burdens on communities.



LONG-TERM IMPACT



Generational Patterns:
Communities where bullying is widespread may pass on these behaviors to future generations, perpetuating cycles of aggression.



Mental Health Challenges:
Both individuals and communities may experience long-term psychological effects, including increased rates of depression and anxiety disorders.



Communities
Make
Change

1. Psychological impact:

- trauma (trauma (Children may develop post-traumatic stress disorder))
- fear and insecurity
- aggressiveness

2. Social impact

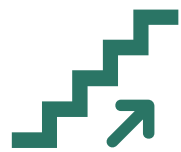
- damaged interpersonal relationships
- alienation
- mutual hatred
- social acceptance of violence
- growth of radical worldviews

Branka L. Mislav,V., Vedran B, L. Barylovich
High school Ivana Lucića-Trogir, Croatia

ADDRESSING THE ISSUE:



Education and Awareness: Teaching empathy, conflict resolution, and the importance of inclusion helps reduce bullying behavior.

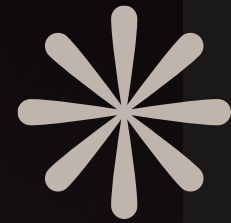


Support Systems: Providing resources like counseling, peer support groups, and hotlines can aid victims and others affected by bullying.



Strong Policies: Clear anti-bullying policies in schools, workplaces, and online platforms send a message that such behavior will not be tolerated.





A CALL TO ACTION

The impact of bullying is profound and wide-reaching, affecting not just individuals but entire communities. To combat bullying, it's essential to recognize its destructive potential and work toward creating a culture of respect, empathy, and inclusion.

This requires everyone's involvement—schools, families, communities, and policymakers must all take active roles in preventing bullying and addressing its effects. Only through collective effort can we build a society where everyone feels safe, supported, and valued.



1. **Trusted Adults** (for kids and teen): Parents or guardians - tell them what is happening; Teachers or principals -especially if it involves classmates or happens during school time

2. **The platform or App**: Use the "Report "feature to alert the platform (e.g. Instagram, Tik Tok, Snapchat, etc)

3. **Police or authorities** (for serious threats): Police or authorities (for serious threats): Call local law enforcement if:

- you receive threats of violence,
- you are being stalked or harassed
- someone is trying to blackmail you...

4. **National helplines** : call the national helplines in your country

Lucija R., Klara R., Karmen B.DŽ, Andrija V.,
High school Ivana Lucića-Trogir, Croatia

