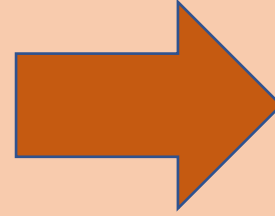


The bullying it is repeated violence that can be verbal, physical or psychological.

The Cyberbullying it is an aggressive, intentional act by an individual or group of individuals through electronic forms of communication, repeatedly against a victim who cannot easily defend himself."



The consequences of bullying on kids/teens

- Loss of self-confidence
- Loss of appetit
- Permanent stress
- No longer want to go to school
- Fear of others, of the gaze of others
- Be sad and hurt in your skin
- Poor academic performance
- Afraid to talk about it because they are ashamed
- Don't sleep

**STOP BULLYING IT'S NOT FUN !**

If you're being bullied at school, then

- Talk to the adults at school
- Talk to the school nurse
- Tell your parents
- Talk to your friends
- Consult a psychologist to talk about it
- Don't ever let it happen



If you're a bully :

- Why are you doing this?
- What does it do to you to hurt others ?
- Are you proud of yourself for doing that?
- Consult a nurse or psychologist to help you understand why you're acting like this
- Would you like to be done the same thing ?
- Stop harassing you destroy a life !!