

Bullying and Cyber-Bullying;
How to Prevent and Fight the
violence at school



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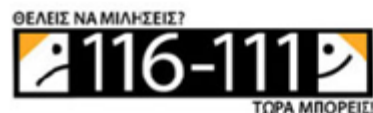
Rules and Advice
about how to Protect
against Bullying and
Cyber-Bullying

Useful Hotlines;
Want to talk to someone?
Don't be afraid!
You are not alone!



Useful Websites;
If you want, you can
fight alone Bullying and
Cyber-Bullying!

1. <http://stop-bullying.sch.gr/>
2. <http://cyberbullying.org/>
3. <https://www.stopbullying.gov/>



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ή εφήβος

1 Are you bullied? Mention it immediately to your headmaster and/or your teachers. Silence is the biggest mistake in order to confront bullying efficiently!

3 Respect diversity!

5 Learn to solve your differences by talking and having constructive dialogues!

7 Say definitely “NO” to violence!

9 Collaborate! You can't imagine how many things you can achieve by working together!

2 Don't treat others the way you don't want to be treated!

4 Don't allow “bullies” to have a fan club! You must discourage their behavior and existence in a strict way!

6 Lock and protect your profiles on social media! Don't give free access to people you don't know, even to friends of your friends!

8 Is a schoolmate alone or isolated? Go to him/her and tell him/her to join you! Spending time with good company is something very important in every human being's life!

10 As human nature enjoys... be kind, helpful and human!!!



Erasmus+