

## What To Do To Fight Bullying

### Tell Someone What Happened

Bullying is not a situation where someone has to suffer in silence. You can immediately inform someone you trust of the bullying incident you have experienced or witnessed. The person you confide in can be:

- ✖ A friend you trust,
- ✖ A teacher you trust, or
- ✖ An adult you trust.

You should not remain alone in the face of bullying. If you are a victim of bullying, or if you see your friends being bullied, it is quite important that you share it with someone you trust as soon as possible.



### Be Brave And Raise Your Voice

Have confidence in yourself and urge those around you to stand up against and to put an end to bullying. You may be a victim of bullying yourself or you may witness that a friend of your is being bullied.

Talking about it does not mean that you are a snitch. Bear in mind that you are doing a good deed by helping someone.

You might be thinking that it is just a game, that it is entertaining and funny. However, remember that the person being bullied feels afraid and upset.

We must fight against bullying all together.



### How Should Friendships Be?

- ✖ We should show respect
- ✖ We should listen when the other person is speaking
- ✖ We should share
- ✖ We should not make fun of or hurt anybody
- ✖ We should apologize
- ✖ We should be able to say "NO"
- ✖ We should express our thanks



*If you want to benefit from our mental health services, you can apply to the nearest ASAM office for further information. Interviews are held free of charge and in accordance with the principle of confidentiality.*



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**As ASAM, we would like to convey our thanks to the Kingdom of the Netherlands for their support regarding this activity.**

*This publication was prepared within the framework of a project that is supported by the Netherlands Ministry of Foreign Affairs. ASAM is the sole responsible of the content of this post which does not reflect the official viewpoint of the Netherlands Ministry of Foreign Affairs.*



## Peer Bullying

*Persons of the same age as us or of equal standing with us are referred to as **peers**.*

### What is Peer Bullying?

It refers to cases where one or more children intentionally and continuously give a hard time to children whom they consider weaker and more vulnerable. It is a form of aggression.

Being rude to or hurting someone intentionally amounts to bullying.

Bullying can take place at school, on a playground, at home or on the Internet; anyone can be subject to bullying at any age.

**It is bullying** when someone shoves you, hits you, makes fun of you, forcibly seizes or damages your belongings, calls you names, ignores you deliberately, excludes you, or makes fun of you due to your differences!



Kingdom of the Netherlands



## Bullying CAUSES HARM.

*It is not your fault if you are being bullied.*

### JOKING - PLAYING

If no one is hurt  
If everyone participates equally  
If everyone is having fun equally  
It is either joking or playing.

### ZORBALIK

If any physical, emotional or cyber harm is inflicted, if it is inflicted by a person or group of people superior in power, if it is being done repeatedly  
It is bullying!

Sometimes we might be the target of such behaviours; we might be putting on a good face and keeping laughing with our friends, trying to conceal the fact that we got upset. **However, we should learn how to distinguish between playing and bullying, and we should not allow bullying.**

Bullies are aggressive. Trying to concede to and grant their wishes may not be the solution we seek.

Familiarizing ourselves with what bullying is and how to fight it is significantly important!

### Bullying can occur in various forms:

#### Physical Bullying

Physical bullying is a type of bullying that involves behaviours such as hitting someone, damaging possessions belonging to others and hair pulling.



#### Verbal Bullying

Verbal bullying involves behaviours such as swearing, threatening and assigning nicknames, as well as teasing about the physical features and appearance of the child (height, weight, clothing, glasses); mocking their manner of speaking or accent.

### Social Bullying

Social bullying involves behaviours such as ignoring a person's presence, excluding someone from friend circles, a game or friendship, and spreading rumours about a person.

Friendships are of significant importance for every child. Attempting to influence relationships negatively, discriminating against someone, and making efforts to exclude someone from friend circles are improper and bullying behaviours.



### Cyber Bullying

Cyber bullying involves the acts of sending messages with defamatory statements to someone, posting pictures of a person online without permission, posting hurtful comments and disseminating fake news.



### Parties involved in peer bullying consist of:

1. Bully
2. Victim
3. Bystanders

*Bullying is a behaviour that affects friendships and our environment very adversely and harms us all.*

### Bully

A person who is physically and psychologically stronger than the victim and who inflicts harm.

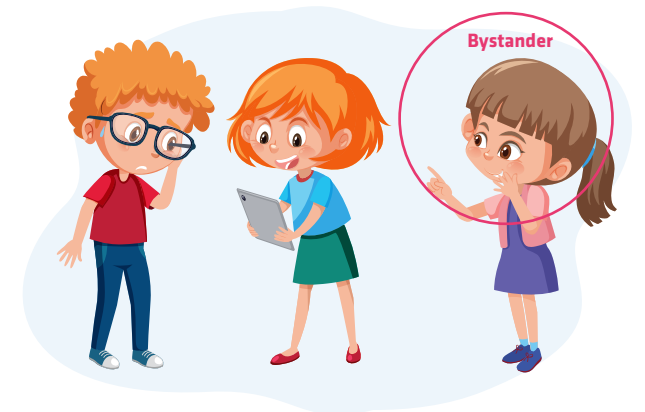
### Victim

A person who is exposed to bullying and towards whom the bully engages in harmful behaviours repeatedly.



### Bystander

A person who is present where the bullying behaviours are displayed, but does not take any action to put an end to such behaviours and observes them passively.



### What To Do When Being Bullied

- ✗ We can stop the bully by saying **"No"** out loud
- ✗ We can keep ourselves busy to avoid caring about what they say or do
- ✗ We can inform an adult we trust about the bullying, we can ask for his/her help
- ✗ We can leave the place where the bullying is taking place