CYBERBULLYING

BY 3°B OF LAGOPESOLE

BULLYING AND CYBERBULLYING

Bullying is when someone uses their power repeatedly to hurt or upset someone. It could be hurting them physically, or calling them names and saying hurtful things. So then What's Cyberbullying? Cyberbullying's like Bullying but happens on the internet or on a device like your phone, which can make it kind of different. With Cyberbullying it can feel harder to escape, because it can happen anywhere, anytime.



BODYSHAMING



With Body shaming refers to the practice, widely spread on the web and on social networks, of judging someone's body, from size to any alleged physical defect, causing shame in the interlocutor. Body shaming refers to the act of criticizing or mocking someone's physical appearance, often targeting their size, shape, weight, or other features. It can occur in various settings, including social media, workplaces, and even personal relationships. Body shaming can lead to negative psychological effects such as low self-esteem, anxiety, depression, and eating disorders. It perpetuates harmful societal standards of beauty, often emphasizing unrealistic or narrow ideals. Challenging body shaming involves promoting body positivity, encouraging self-acceptance, and embracing diverse body types without judgment.


STOP BULLYING
PHYSICAL
BULLYING
VERBAL
BULLYING
SOCIAL
BULLYING
CYBER
BULLYING

What is bullying?

Bullying is defined as aggressive behavior that is intentional and involves an inmbalance of power or strength.it can be categorized into several types :

1. Physical bullying: involves harming someone physically, such as hitting, pushing, or damaging belongings
2. Verbal bullying: this type includes insults, teasing, or threating remarks
3. Social bullying: also known as relational bullying it involves damaging someone's reputation or social relationships, such as spreading rumors or excluding someone from a group
4. Cyberbullying: with the rise of technology, bullying has extended to the digital world, where individuals use social media, texting, or online platforms to harass or intimidate others.

How to combat bullying?

Encouraging open comunication

Creating a safe environment where victims can speak up about their experiences is essential. Establishing trust can lead to better reporting and intervention

Promoting empathy and respect

Teaching empathy and respect for diversity can help foster a more inclusive culture and reduce bullying incidents.

Support system

Schools and workplaces should have clear policies and support systems in place to address bullying and provide assistance to victims

THANK YOU FOR WATCHING

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