



BARÇA FOUNDATION

No **child** offside

## WHAT ABOUT CYBER-BULLYING?

If you often use email, WhatsApp, Instagram or other social networks to upset and hurt other people, you are guilty of cyberbullying.



# Bullying is not our game

## #SCHOOLwithoutBULLYING

## WHAT IS BULLYING?

Bullying is upsetting another person on purpose over a period of time. It may take the form of hitting, kicking, pinching or doing some kind of physical harm. Or it can involve insulting, mocking or cornering the victim... in other words, upsetting them.



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# WHY MUST IT BE STOPPED?

- Bullying is unfair.
- Nobody likes or deserves to be hurt or upset.
- When jokes upset the other person, they stop being teasing or a game, and become an attack.

We all want to feel safe and to be treated with respect.

- We all want to be happy and feel good.
- We can all prevent bullying. Just make up your mind to do it.



# WHAT CAN YOU DO TO STOP IT?

- You need to understand your feelings and learn to express them.
- School is a place for growing and learning together. We must all try to understand each other and treat each other with respect.
- If you have a problem with a classmate, then you should try to talk it out and come to an agreement. You can always ask an adult for help from an adult (a teacher, parent, monitor, coach...)
- The Internet and apps make our lives easier and more fun, but we need to take care and use them responsibly, and not run risks.



# IF IT DOES HAPPEN, WHAT SHOULD I DO?

**If it happens, you mustn't just look the other way. You must do something, because it is everyone's responsibility:**

- If you see one of your classmates being mistreated by another, step in (if you can) and get an adult to help.
- If one of your classmates keeps picking on you, don't feel ashamed or guilty about it. You are not alone: you should ask for help from your classmates, teachers, parents, monitors coaches, etc.
- If you are hurting or upsetting someone, then stop. think. and don't do it again. You can make things different. Talk to an adult and ask for help.

**WE CAN ALL BE BETTER CLASSMATES**