



From Victim To Victor

Bullying is any form of oppression or violence, carried out intentionally by a stronger person or group. The purpose of bullying is to hurt other people and it is usually done continuously.



Types of Bullying



Physical



Verbal



Cyber



Social

How to Deal with Bullying

1. Increase your confidence and courage
2. Dare to say "no" when you feel uncomfortable
3. Don't hesitate to report any bullying you experience to the authorities



Stop Bullying