

TOGETHER BEYOND DIFFERENCES -
ACCEPT ME AS I AM!

10 RULES OF BEHAVIOUR

TO PREVENT BULLYING AND
CYBERBULLYING

BY LITHUANIAN GROUP



Erasmus+



PREFACE

Bullying has become a common problem in the classroom and at school, while cyberbullying has widely spread with an increased use of electronic communication.



Bullying & cyberbullying



Bullying is an ongoing and deliberate misuse of power in relationships among youngsters through repeated verbal, physical or social behaviour that intends to cause physical, social or psychological harm. Bullying is the misuse of power over one or more persons who feel unable to stop it from happening. Bullying of any form can have an extremely negative and long-term effect on a person's psychic, cause distress or even lead to physical or psychological harm.

Cyberbullying mainly focuses on sending, posting and sharing negative, harmful and false or mean contents about someone else mainly on social networking sites. It often includes sharing personal and private information about a person causing humiliation and embarrassment.

4th Mobility activities

1. 4th Erasmus+ mobility took place in Vilnius A. Mickevičiaus High School in Lithuania from 26th-30th November 2022. Project partners from Croatia, Spain, Greece, Romania, Italy and Lithuania focused on mutual learning activities, the main topic of which was school bullying – early identification and appropriate intervention – "No bullying, no fear in school".
2. Each partner group showcased its presentation on hate speech, bullying and cyber-bullying. It was a trip through words and emotions in real and virtual environments.
3. Further activities were devoted to work in three intercultural groups. The result was the decalogue of rules on Internet surfing safety and rules of behaviour to prevent bullying at school and cyberbullying in social networking sites.



10 RULES OF BEHAVIOUR TO PREVENT BULLYING AT SCHOOL

1. Don't ignore bullying! Talk to an adult or a person you trust. Don't keep your feelings inside. Telling someone can help you feel less alone. They can help you make a plan to stop the bullying.
 2. Avoid bullies! Stay away from places where bullying happens.
 3. Stay near adults, teachers and other children! Most bullying happens when adults aren't around.
 4. Stand up for others! Be kind to the person being bullied. Show him that you care by trying to include them. Sit with them at lunch, during the break or on the bus. Hang out with them. Don't let them be alone.
 5. Report the bully! Talk to the principal or head teacher.
 6. Create posters for your school about bullying. Be a role model for younger kids.
 7. Say "No" to the agressor! Don't support him. Don't be indifferent.
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10 RULES OF BEHAVIOUR TO PREVENT BULLYING AT SCHOOL

8. Respect others! Everyone is different. Try to accept differences.
9. Don't panic! Common sense is important.
10. Learn I-Speech!

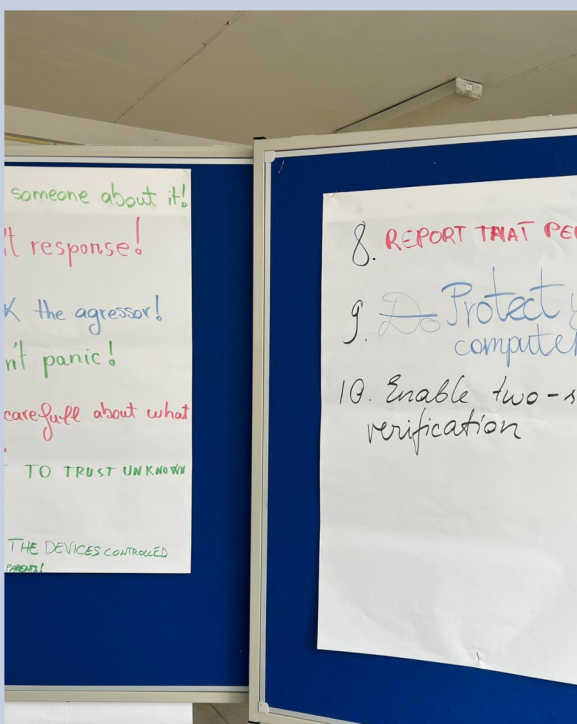


A SET OF RULES ON INTERNET SURFING SAFETY – HOW TO PREVENT CYBERBULLYING

1. Be careful! Always think what you post.
 2. Be kind to others online! It will help to keep you safe.
 3. Do not share anything that could hurt or embarrass others.
 4. Keep your password a secret from other people.
 5. Think about who sees what you post online. Have privacy settings. Do not allow complete strangers to see your posts.
 6. Talk to your parents or adults you trust about any messages you get or see online that make you sad or scared.
 7. If you are bullied, immediately report it!
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A SET OF RULES ON INTERNET SURFING SAFETY – HOW TO PREVENT CYBERBULLYING

8. Block the bully!
9. Call the teenager help line.
10. Consult a psychologist.



The End

Vilnius
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