

## Bullying: What is it?

Within a school context, bullying is the most common form of violence among children and young people.

Bullying is aggressive behaviour aimed at causing harm to another person. It is directed towards an individual, is repeated over time and often the victims do not manage to defend themselves.

It involves repeated interactions between aggressor and victim, systematic abuse of power among peers;

INTENTION to hurt and dominate;  
REPETITION of behaviour over time;  
POWER IMBALANCE and a desire to establish dominance over a victim. The bully looks for a fragile person as a victim, who can easily feed the bully's need to exert power over another person.

Bullying behaviour can be:

PHYSICAL: punching or kicking, taking or mistreating a victim's personal belongings;  
VERBAL: insulting, mocking or offending;  
INDIRECT: gossiping, isolating, excluding someone from a group.

Bullying can also be discriminatory:

- homophobic
- racist
- directed at a person with a disability.

The School Management has appointed:

⇒ a designated contact person for bullying and cyberbullying in the **nursery and primary cycles**

[VAR-CHILD-PROTECTION-NURSERY-AND-PRIMARY-CYCLE@eursc.eu](mailto:VAR-CHILD-PROTECTION-NURSERY-AND-PRIMARY-CYCLE@eursc.eu)

⇒ a designated contact person for bullying and cyberbullying for the **secondary cycle**

[VAR-CHILD-PROTECTION-SECONDARY-CYCLE@eursc.eu](mailto:VAR-CHILD-PROTECTION-SECONDARY-CYCLE@eursc.eu)

to communicate any cases of bullying and cyberbullying involving pupils of our School (you are requested to always add the address [VAR-DIRECTOR@eursc.eu](mailto:VAR-DIRECTOR@eursc.eu)).

***The School Management***

## Bullying : What it is not

Making a joke to have fun together, without intending to hurt another person.

Conflict between peers. The conflict can be an argument in a relationship of equality between those involved which is an isolated incident, occurs in particular circumstances and can happen to anyone.

With regards to behaviour considered 'borderline aggressive', there are situations where individuals behave physically and aggressively in a playful manner. This behaviour is particularly frequent among males from the second cycle of primary until the early years of secondary school. Although in some cases the situation can develop into one of aggression, almost always these behaviours are casual in nature, non-aggressive and do not present the imbalance found in incidents of bullying.