

www.combatbullying.euinfo@combatbullying.eu

Sombat Bullying: A Whole School Program

Bullying Effects

Short-term Effects

Physical Symptoms



Headaches Stomachaches Changes in appetite Dizziness Skin problems

Long-term Effects

Low self-esteem & confidence Anxiety and Depression Anger problems Social withdrawal Difficulty in trusting people Interpersonal difficulties Increased tendency to be a loner Poor health

Psychological Symptoms



Anger Depression Anxiety Tiredness Sadness Low confidence

BULLYING ...

- * Is NOTinevitable
- * Is harmful
- * SPREADS if left unchecked
- * INVOLVES bullies, victims, bystanders
- * CAN BE stopped

Behavioural Symptoms



Social isolation Sleep problems



Bed-wetting Crying Low academic outcomes Low attendance to school

Most adults who were bullied as children maintain vivid memories of the events throughout their lifetime.





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