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Combat Bullying: A Whole School Program

Bullying Effects

Short-term Effects

Physical Symptoms



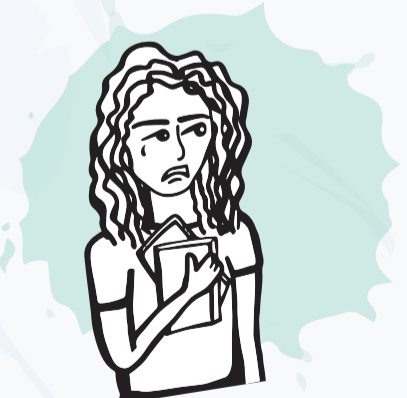
Headaches
Stomachaches
Changes in appetite
Dizziness
Skin problems

Psychological Symptoms



Anger
Depression
Anxiety
Tiredness
Sadness
Low confidence

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.

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

BULLYING ...

- * Is NOT inevitable
- * Is harmful
- * SPREADS if left unchecked
- * INVOLVES bullies, victims, bystanders
- * CAN BE stopped

