

# Preventing Bullying Behaviour at School



## 1. What is bullying?

Bullying generally refers to a repeated and intentional act of harm or oppression carried out by a person or a group of people who are more powerful or in the majority.

## 2. Types of bullying

- i) Verbal: name-calling, making fun of someone
- ii) Physical: punching, kicking, hitting, shoving, extorting money or properties etc.
- iii) Cyber: “Cyberbullying” refers to the use of digital technology to bully other and involving intentional acts that aimed at making the victim feel uncomfortable

## 3. Effects of bullying

### **Victims**

- ☆ Emotionally unstable, nervous, worried, unhappy, isolated and helpless
- ☆ Insomnia, nightmares, and difficulty concentrating can affect academic performance
- ☆ Distrustful of friends, affecting social interaction



### **Bullies**

- ☆ Damage interpersonal relationships
- ☆ Fear of being reported for violating rules and facing retaliation
- ☆ May escalate to an uncontrollable stage, leading to greater consequences

### **Bystanders**

- ☆ Feeling uneasy, worrying that they may become the next victim
- ☆ Cheering from the sidelines may be considered incitement to bully the victim
- ☆ May also join the bullying behaviour

## 4. Dealing with bullying

### **A) Victims**

Principle 1: Protect yourself from harm

- i) Stay calm and express your feelings bravely
- ii) Shout for help loudly and leave the scene

iii) When facing cyberbullying: resist the urge to retaliate or respond, and save evidence of the bullying to provide proof.

Principle 2: Seek help

Principle 3: Face the problem bravely and improve problem-solving skills

### B) Bystanders

Principle 1: Should not join the bullying behaviour

Principle 2: Advise kindly when in a safe situation

Principle 3: Seek help



### C) Bullies

Face and address your own problems, learn proper emotional management and interpersonal skills, and actively seek assistance.

## 5. Preventing cyberbullying

- i) **Protect personal information:** Change passwords frequently, do not disclose personal information such as phone number and address online, and enhance privacy settings on social media and personal blogs.
- ii) **Starts with yourself:** Everyone should learn to respect and accept different opinions, refrain from attacking others, and strive to maintain a harmonious cyber world.



## 6. Hotlines

Organisation	Telephone
1. Social Welfare Department Hotline	2343 2255
2. Education Bureau Hotline	2891 0088
3. The Hong Kong Federation of Youth Groups – Youthline	2777 8899
4. Hong Kong Young Women's Christian Association (YWCA) - Counselling Hotline	2711 6622
5. Tung Wah Group of Hospitals - Tung Wah Cares Hotline	2548 0010