



"WORDS CAN HURT, BUT SUPPORT CAN HEAL."

STOP BULLYING, PROVIDE BUDDYING!

Bullying has immediate effects such as headaches, sleep problems, anxiety, and depression, which can harm daily functioning. Over time, victims often struggle academically, face difficulties in employment, and may earn less income compared to peers. The psychological toll is severe, with victims being at higher risk of self-harm, suicidal thoughts, and even psychiatric disorders in adolescence and adulthood.

Bullying is a repeated aggressive behavior that involves an imbalance of power between individuals. It can take the form of physical attacks, verbal abuse, social exclusion, or cyber harassment.

Schools and families play a central role in preventing bullying and supporting victims. Effective strategies include counseling services, awareness campaigns, and clear school rules backed by legal measures. When students, teachers, and parents work together, they can reduce the occurrence of bullying and help victims recover more quickly from its harmful effects.

Did you know?

1 in 3 children worldwide report being bullied at some point in their lives.

Being bullied increases the risk of depression in adolescents by 2.74 times.

Bullying victims often suffer from 'invisible' physical pain, including headaches, stomach aches, and sleep disorders.

Chronic bullying in childhood can negatively affect the ability to form healthy relationships and find employment in adulthood.

