

RULES BEHAVIOUR FOR PEOPLE VICTIM OF BULLYING

SouLReCord-Sound Leadership Rejects Cyberbullismor Digital



Disrespect Programme: Erasmus+

Key Action: Partnerships for cooperation and exchanges of practices

Action Type: Small-scale partnerships in vocational education and training

Project Reference: 2021-1-IT01-KA210-VET-000034511

1. Work on yourself
and on your self-
esteem



2. Try not to share personal informations online

3. Learn how to use online platforms without being influenced by cyberbullying

4. Keep evidences of the act (screenshots...)

5. Create a defense mechanism against a cyberbullying situation defining your limitations and setting your boundaries



6. Understand bullying situation

7. Stop the communication

8. Speak to your parents/
teachers



9. Meet your circle offline

10. Spend less time online

11. Research more informations
and legal support

12. Search other cases

13. Take measures

14. Work on your
emotional
intelligence

are not alone

15. Start a therapy to
understand that you

If you, or some one close to you, think is a victim of cyberbullying, ask for our support, our expert team can help you.





<https://www.piattaformaprogetti.eu/soul-record/>

