

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

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13. Take measures

14. Work on your
emotional intelligence

15. Start a therapy to
understand that you
are not alone

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/>

