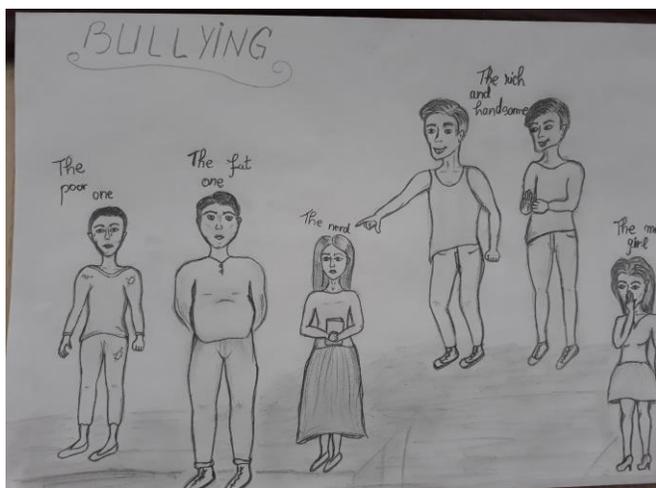


Life Guardians

Chief editors: GÎMBUTĂ Alina, Romania and POLO Tania, Spain

An interview with representing of class IX D in the Students Council of National College "Liviu Rebreanu", Bistrita, Romania



- What do you think bullying is?

Bullying is a form of terrorism, by using superior strength or influence to intimidate someone, or force them to do something. Common behaviors used to assert such dominance can include verbal harassment threats or even physical assault.

- How many forms can take this abuse?

There are different forms of such abuse, like:

1. **Verbal or physical abuse** which is the worst form of this kind of behavior. Verbal bullying includes name calling, insults, teasing, intimidation, homophobic or racist remarks, verbal abuse in its broader sense.

Social bullying, sometimes referred to as covert bullying, is often harder to recognize and can be carried out behind the bullied person's back. It is designed to harm someone's social reputation and/or cause humiliation. Social bullying includes: lying and spreading rumors, playing nasty jokes to embarrass and humiliate someone, socially excluding them or even damaging their social reputation and acceptance.

Cyber bullying has become one of the most popular forms of bullying, since so many people have access to the internet. Cyberbullying is a form of harassment using electronic means, such as social media platforms (Facebook, Instagram, Twitter...). Everyone can be influential from behind a computer screen, spreading rumors or fake news, sending abusive or hurtful texts, images, which can even be edited using different programs, just to put another person in an embarrassing position.

-Which are the factor that lead to the appearance of bullying?

Rationalizations of such behavior sometimes include differences of social class, race, religion, gender, sexual orientation, appearance, behavior, body language, personality, reputation, lineage, strength, size or ability.

-Is true that bullying increases the risk of suicide?

Even though there is evidence that bullying increases the risk of suicide, bullying alone does not cause suicide. Depression is one of the main reasons why kids who are bullied commit suicide. Bullying is a consequence of bad education. Children exposed to domestic violence are most likely to be bullies because they do what they see at home.

Parents, school staff and other adults in the community can help kids prevent bullying by talking about it, building a safe school environment and creating a community-wide bullying prevention strategy.

Reporters: Ciobotariu Iulia and Gagyi Robert (class IX-D, CNLR, Romania)

INTERVIEW WITH THE PRINCIPAL OF CEIP LA GAVIOTA

We interviewed the director of the school La Gaviota, the main head of the school.

Q: Good morning Juanjo and thank you for attending us.

J: It is a pleasure!

Q: We would like to ask you some questions about bullying in our school.

J: No problem, tell me.

Q: Has there ever been any case of bullying in this school?

J: Well... it is true that some children have suffered something similar but not so strong as to call it bullying.

Q: How was it solved?

J: with the intervention of adults, teachers, families ... etc

Q: What information did you send to that student's parents?

J: With a letter, for example: we want to talk about your son. And we would meet you and talk about it in person.

Q: When you went to school, did you suffer bullying or did you see it?

J: Yes, I saw bullying but in higher courses, boys hitting another weaker one, asking for money ... etc

Q: Is the school doing something to avoid bullying? What it is?

J: Yes, actually, we are working on it, working on the coexistence team formed by the director and teachers.

Q: Could you explain us what Bullying is?

J: Bullying, is the situation of a child that keeps another person imprisoned because of their way of being, because it is weaker ... a constant situation.

Q: Thank you very much for your time.

J: You are welcome!!



Reporters: Cristina, Anas, Hassan, Oussama, Angelina and Verónica (Class 5ºB, CEIP La Gaviota, Spain)

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Bulling-An increasing problem

** What does bulling mean? What is it?*

Bulling appears when someone is being hurt either by words or actions, usually violence, more than once.

** How do you think people get to the act of bulling?*

Well, there are two types of bulling: verbal and physical. Most of the time it starts with the verbal part, there are used bad words about the victim by the bully and later the physical bulling appears through violence, easily reaching body injuries.

** What do you think is the main cause of bulling?*

The main cause is the fear of inferiority. Sometimes the bully is also being assaulted by someone more powerful than him.

** How do you think we can reduce the cases of bulling?*

The best idea is for the kids to be more opened about their problems and talk about them with some adults, their teacher or parents and try to solve them together. When they try to solve them themselves it usually goes wrong for everybody. That's why there should be implemented special, compulsory classes in every school where kids can talk with specialists. In this way not only the number of bullied kids would decrease, but also the number of bullies would drop.

** Do you agree that today's society and family have a big influence on the aggressive behavior of kids?*

Yes, because the society influences the behavior through social media, celebrities and the high standards that were created during the last few years.

** How do you think a victim should find help?*

First of all, the person should socialize more with the people around her and create bonds with the people that understand and want to help the bullied kid.

** Do you think that young people will realize that they can solve their problems without the use of violence?*

Yes, but it will take quite a long time for it to happen. Parents should be more careful around their children and study their behavior to see if they are stressed or scared of something or someone. This could happen only if people try to look through our differences and think these are what make every human unique. It is a long road, but at some point we think that this dream will become reality, where everybody can understand each other's pain.

Reporters: Abrudan Maria, Filipoiu Lari, Petringel Tudor, Stan Cristina (class IX D, CNLR, Romania)

WHAT TO DO IN CASE OF BULLYING!!

Bullying is a problem that affects almost 50% Spanish students.

We explain what to do if you are a victim of bullying:

1. **Communicate with your classmates.** If you show that you are afraid of stalkers, you will only make the situation worse.
2. **Keep your self-esteem high.** Learn to value yourself and remember that you have not done anything to deserve to be denigrated by anyone.
3. **Find new friends.** Remember that people who waste time insulting you or making fun of you do not deserve your attention or your friendship.
4. **Put aside the violence.** Although it is true that when we are attacked we tend to respond violently, this can only generate more problems with your colleagues and school authorities.
5. **Do not enact impunity.** If you can not find a solution through dialogue, do not hesitate to report your aggressors to the relevant authorities.

Reporters: Óscar, Javier, Valentina, Paola, Álvaro, Jeremy, Marcos and Adrián (Class 5ºB, CEIP La Gaviota, Spain)



Bullying phenomenon

Bullying is a form extremely specific between kids, that has certain features.

First off all, we are talking about a repeated behavior. For the example: if we are talking about two kids that are fighting during the break in the school yard and after a few more breaks they are friends and they play together, they are not implicated in a bullying situation, but only two kids that simply fought.

Another characteristic of bullying is about intentionality. Those kids that are bullying intend in a strategic way to aggres the people around them, using physical aggression, emotional, aggression or cyberbullying.

The third characteristic of bullying is about power imbalance which means that not that often in a bullying situation we have to deal with two kids: the victim and the aggressor that have equivalent skills.

Most ofen there are two kids surrounded by a group of witness and in most of the cases that group is supporting more or less the behavior of the aggressor. So, there is a kid against a group of kids with an aggressor leader.

In addition, in a bullying situation, we have to remember that all the kids are victims. The kids that became to be aggressor used to be victims and they have tried to get out of that by defending themselves and being violent.

Reporters: Cocolas Larisa, Chiuzan Cornel (class IX-D, CNLR, Romania)

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TEACHER INTERVIEW

We are going to talk to Tania, a teacher of our school who works in several e-Twinning projects as "Bullying and cyberbullying in the scholar environment".

Q: Hello Tania, could we ask you some questions?

T: Yes, of course!

Q: Tania have you ever suffered Bullying?

T: Not me, but when I was young, there were some children who insulted and hit another who were different, for example if they wore glasses, or were fat...

Q: Have you ever seen bullying in our school?

T: Yes, last year one student suffered bullying. Some students insult him because he wore pink shirts, liked dancing and he always played with girls.

Q: How did you solve it?

T: We had several sessions with this class to talk about bullying, about tolerance, about roles, respect... also came the police to the school to give some advices to the students, and how to act in case you suffer bullying. We also have meetings with the student's families.

Q: Does the school do something to avoid bullying?

T: Yes, once a month we have a session to work different values: peace, coexistence, equality, etc. Also we are enrolled in an Etwinning project called "Bulling and cyberbullying in the scholar environment" and have applied for an Erasmus+ KA2 to work the issue.

Q: Thank you for answering our questions!

T: You are welcome!



**Reporters: María, Joshua, Nerea and Fernando
(Class 5ºB, CEIP La Gaviota, Spain)**

INTERVIEW to 2 STUDENTS FROM CEIP LA GAVIOTA

Nicolás, a seven-years old boy who studies in second grade, has agreed to be interviewed.

Q: Have you ever suffered bullying?

N: Yes, once.

Q: What happened?

N: Well, I was playing with my friends and 6 children came and hit me.

Q: Has it happened to you more times?

N: No, only once.

Q: Do you know that what happen to you is not bullying?

N: Why?

Q: Because it happens only one time. To be considered bullying it has to be something repeated over time.

N: I didn't know that.

Q: Anyway, how has it been resolved?

N: Calling the teacher and they were punished.

Q: Thank you for your time, Nico.

N: You are welcome!!

Now, a sixth grader girl, will ask some questions about bullying.

Q: Hello, do you know if anyone have ever suffered bullying at school?

M: Yes, it was a girl of the school. Classmates insulted and messed her every day.

Q: Do you know why?

M: I don't really know why... I guess because she was different. She was very shy.

Q: Did you helped her?

M: Yes, because she was very sad and sometimes she was crying.

Q: How did you help her?

M: Telling her that everything will be solved.

Q: What happened in the end?

M: She talked with her parents and teachers and those who insulted her were punished. Now she is right; I think it doesn't happen again.

Q: What would you have done if she were you?

M: The same, telling my parents and teachers.

Q: Ok thank you for answering.

**Reporters: Jessica, Osa, Natalia, Amina, Paula, Roxana and Shuyi
(Class 5ºB, CEIP La Gaviota, Spain)**