



وزارة التربية والتعليم  
MINISTRY OF EDUCATION

المجلس  
الأساسي  
للأمومة  
والطفولة

THE SUPREME COUNCIL FOR  
Motherhood  
& Childhood



# الأسبوع الوطني للوقاية من التنمر The National Bullying Prevention Week



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#معاً نزهة



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The National Bullying Prevention Week



الأسبوع الوطني للوقاية من التنمر  
The National Bullying Prevention Week

Under the patronage of  
**H.H Sheikha Fatima Bint Mubarak**  
**Mother Of The Nation**

The campaign aims to raise awareness about bullying  
From 22 until 28 April 2018

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Bullying is unwanted aggressive behavior by a student or group of students, with the intention of causing harm, involving an observed or perceived power imbalance. These behaviors occur between peers and are repeated.

■ **Parties:** Bully, Victim, Bystanders.

### ■ **Types Of Bullying**

Bullying is classified into the following types

#### ■ **Verbal Bullying**

Threatening to cause harm -name calling- teasing – harsh criticism-spreading rumours -taunting.

#### ■ **Social Bullying**

Refusing social interaction-rude hand gestures – social isolation – leaving someone out.

#### ■ **Physical Bullying**

Hitting – tripping/pushing – throwing or taking someone’s belongings .

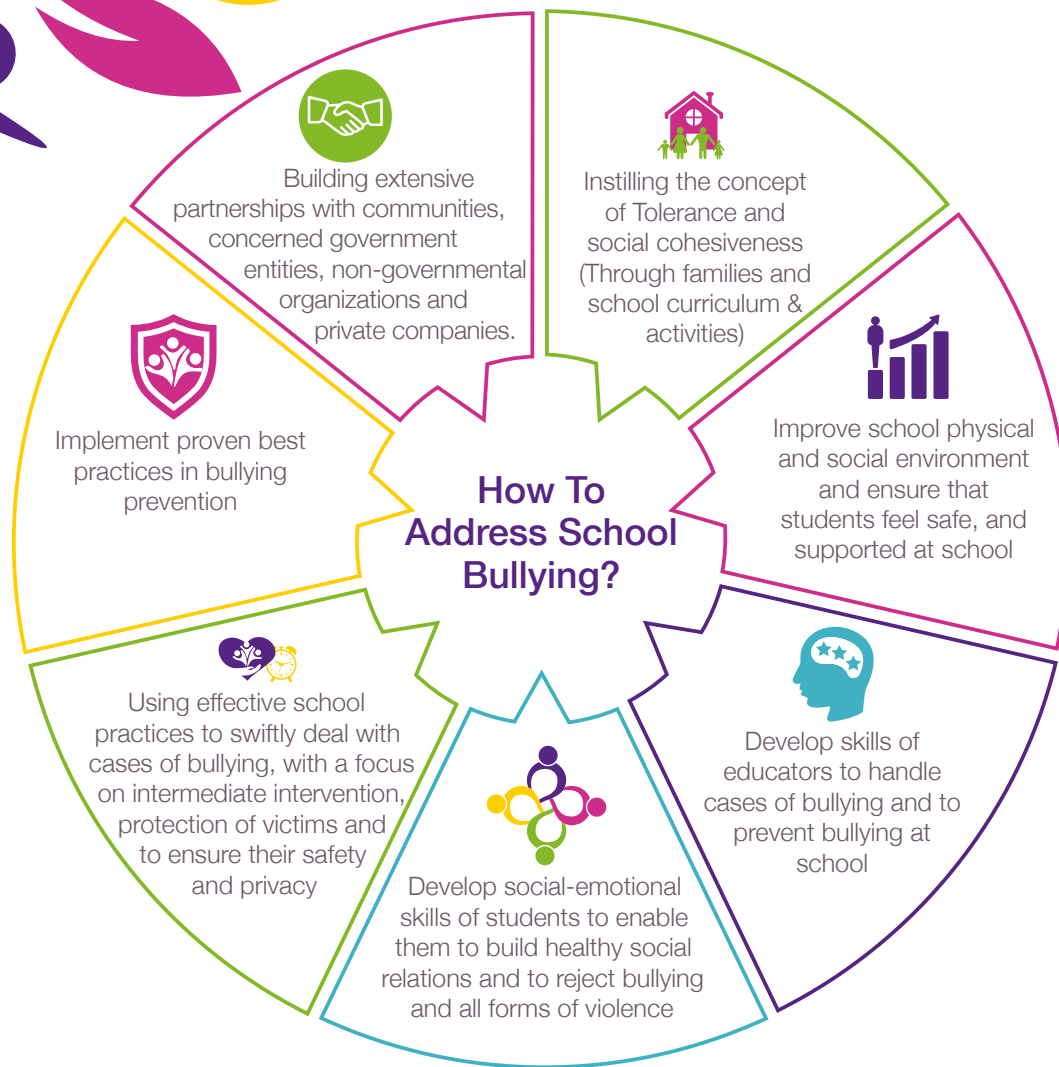
#### ■ **Cyberbullying**

Using digital devices and online tools such as social media to insult or threaten, blackmail, damage the reputation of someone.

### ■ **Factors That Increase The Likelihood Of Bullying**

- Lack of empathy and compassion
- Lack of self-esteem
- Being concerned with self-image and popularity at school
- Being subject to domestic bullying, and mirroring that behavior at school
- Feeling jealous of other students
- Seeking attention





### Common Myths About Bullying

Myths	Facts
Bullying happens in boys schools only	Bullying happens in boys and girls schools
Bullying reflects individual failure and failure of the family to raise its children	Bullying happens due to individual and family related factors as
Bullying effects victims in the short term only	Bullying effects long term physical and emotional wellbeing of victims
Bullying is normal behavior among children and youth	Bullying is abnormal behavior
Zero-tolerance policy and punitive actions help prevent school bullying	Bullying is prevented through evidence-based programs that focus on building social emotional skills and through developing capacity of schools to handle cases of bullying effectively and safely





Bullying happens in boys and girls schools

Instilling the concept of Tolerance and social cohesiveness (through families and school curriculum & activities).

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