



Erasmus+

ACCEPTING YOURSELF AND



ACCEPTING THE OTHERS

ERASMUS+ KA2 PROJECT

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ACCEPTO

(ACCEPTING YOURSELF AND ACCEPTING THE OTHERS)

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PARTNERS: **ROMANIA** **ITALY** **GREECE** **CROATIA**
 LATVIA **PORTUGAL** **SPAIN** **SWEDEN**

ACCEPTO STOP BULLYING



The bully and the bullied.

- *The main problem with bullying is that usually, the person affected doesn't know what to do.*
- *The bully and the bullied have a false idea of who they really are.*
- *The bullied should start thinking positively about himself and don't let anybody hurt him.*
- *The type of person affected by bullying is usually unless popular.*



How to stop bullying?

Bully at school can be hard to stop, but team work can help a lot.

Attending seminars can be very helpful.

Support from friends and family is of vital importance.

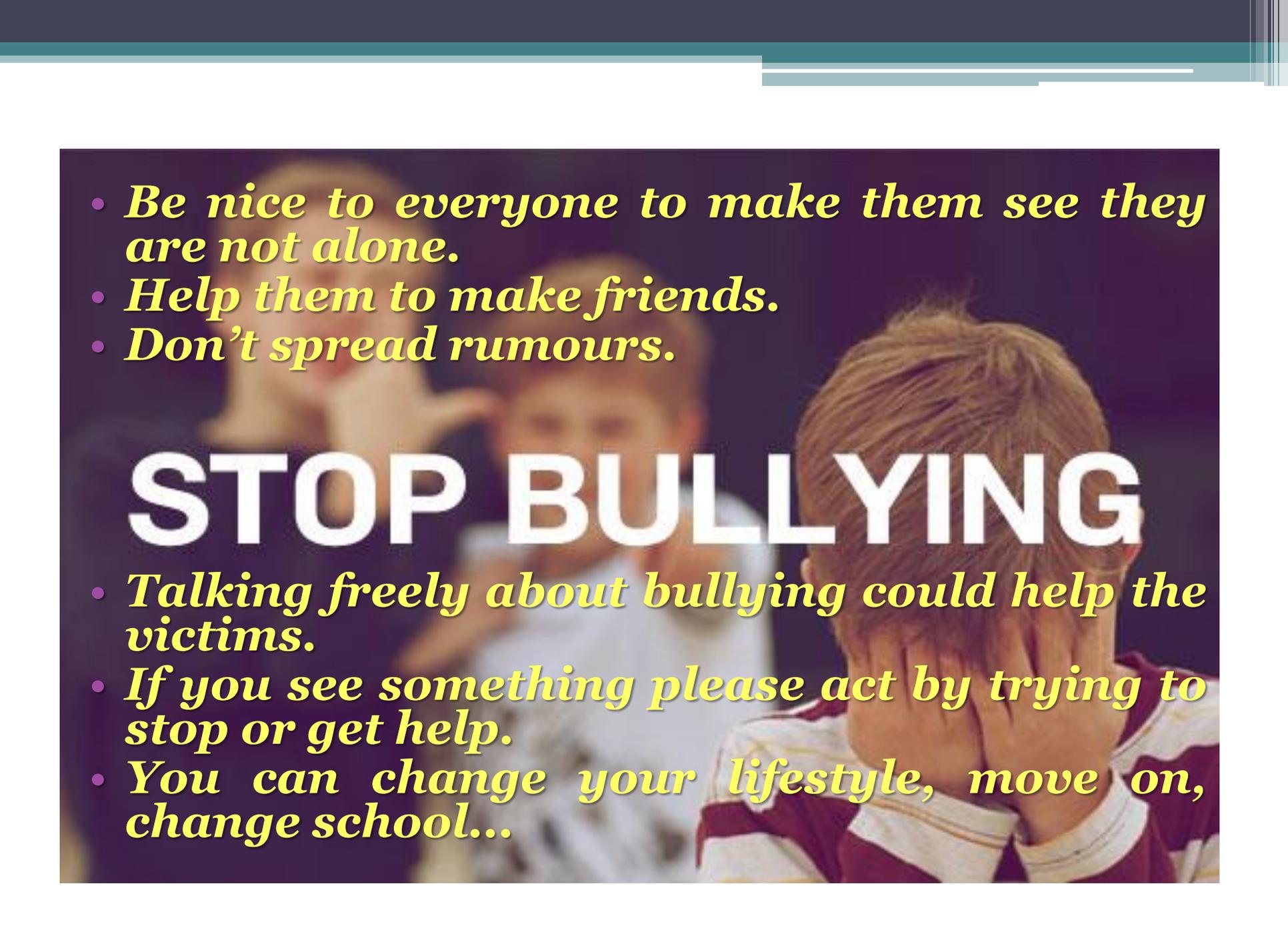
Accepting the bullying phenomenon and asking for advice to teachers and psychologists.

Don't be afraid of talking to persons you trust.

Awareness people what bullying is, and where is the limit.

**Dealing
With Bullying**



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- *Be nice to everyone to make them see they are not alone.*
 - *Help them to make friends.*
 - *Don't spread rumours.*

STOP BULLYING

- *Talking freely about bullying could help the victims.*
- *If you see something please act by trying to stop or get help.*
- *You can change your lifestyle, move on, change school...*

Cyberbullying.

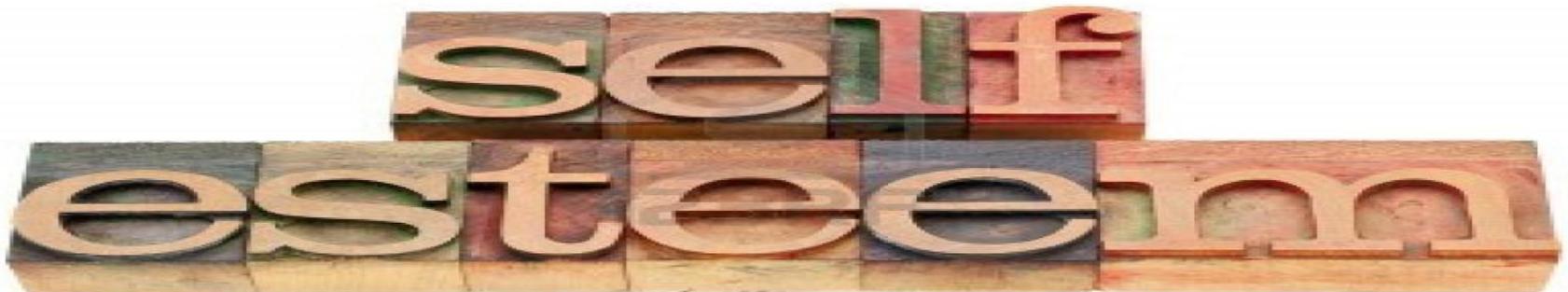
-The first thing we have to know is how to use social networks.

-The best way stop Cyberbullying is to delete an account if you are being bullied on it. Select the content that you uploaded, and delete it.



Self-esteem.

- *Self-esteem means feeling good about one's self.*
- *A person has self-esteem when believes in himself.*
- *Extreme self-esteem can be dangerous for a person being in a negative way.*
- *Lack of self-esteem and self-respect is related to bullying.*
- *When you accept your good points as well as you imperfections, then you have self-esteem.*
- *Too much self-esteem or low self-esteem are equally dangerous.*



- *If you feel you are unique, you definitely have self-esteem.*
- *The bully feels insecure about himself and wants to prove he is better than the others.*
- *Both the bully and the bullied have low self-esteem.*
- *Kids who are bullied tend to lose self-esteem.*



*Thank you very much for you attention, and remember,
If we give wings to bullies and we don't stop them at the
moment, we will be feeding at the enormous monsters
of bullying.*




**STAY
STRONG
AND
STOP
BULLYING**

