

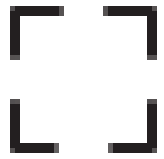
INFOGRAPHICS



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FORMS OF BULLYING

DIRECT BULLYING

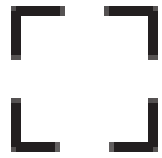
It is expressed through physical violence (pushing, punching, kicking, damaging the victim's personal property...) or verbal violence (insults, threats, intimidation, blackmail...).

INDIRECT BULLYING

The ultimate aim of indirect bullying is to isolate the victim, defaming them, damaging their social relationships, both in online communities and in real life.

CYBERBULLYING

Cyberbullying occurs when acts of intimidation or violence are carried out through digital means of communication or via the web.



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Bullying, in all its forms, is characterised by:

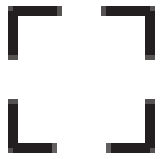
INTENTIONALITY

REPETITION AND
CONTINUITY OF
INTIMIDATING ACTIONS
OVER TIME

ASYMMETRY BETWEEN THE
PERPETRATOR AND THE
VICTIM

The ultimate goal is always the psychological (even before physical) intimidation of the victim, which is repeated over time and creates a continuous pattern of harassment and abuse.

The moment a person is targeted online, one can speak of cyberbullying. Like traditional bullying, cyberbullying is a form of bullying and oppression repeated over time, perpetrated by an individual or a group of people against another perceived weaker person.



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BULLYING VS CYBERBULLYING

BULLYING

It mainly involves adolescents belonging to the same peer group (class group, office, youth centres...).

Generally, a bully is someone who has a domineering, overbearing, imposing character.

Bullies are known to the victim

Bullying is confined to a specific environment frequented by the bully and the victim.

Bullying takes place during specific moments when the bully and the victim are together (school hours, work, walking home...).

Context-related dynamics (school, work...) can limit bullying actions

The bully expresses his need to dominate in interpersonal relationships through direct contact with the victim.

The reactions of the victim and the consequences of bullying are obvious and visible to the bully.

The bully tends to shirk responsibility by bringing violent actions to a joking level.

CYBERBULLYING

Young people and adults from around the world can be involved.

Due to the anonymity of the network, anyone can potentially become a cyberbully.

Cyberbullies can be anonymous and solicit the participation of other anonymous 'friends', so that the person does not know with whom they are interacting;

Material used for cyberbullying can be disseminated worldwide

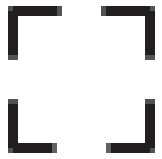
Aggressive communications can take place 24 hours a day

Cyberbullies have ample freedom to do online what they could not do in real life.

The cyberbully perceives himself as invisible because he is protected by a screen

The reactions of the victim are physically distant from the cyberbully, who does not see them and therefore does not perceive the consequences of their actions.

Faced with the consequences of his or her actions, the cyberbully experiences almost a split personality: the consequences of his or her actions are attributed to the 'user profile' he or she has created, and what happens online is seen as having no connection with real life.



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CHARACTERISTICS OF CYBERBULLYING

INVASIVE

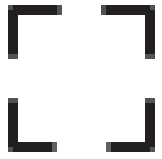
THE BULLY CAN REACH HIS VICTIM AT ANY TIME AND IN ANY PLACE

PERSISTENT

MATERIAL ONLINE CAN REMAIN THERE FOR A LONG TIME AND REAPPEAR ON THE WEB AT ANY TIME

DIFFUSED

IT HAS A POTENTIALLY INFINITE AUDIENCE: THE PEOPLE WHO CAN WITNESS ACTS OF CYBERBULLYING ARE POTENTIALLY UNLIMITED



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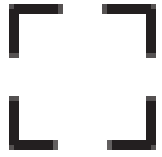


CYBERBULLYING & HATE SPEECH

Hate speech is something that is increasingly common in the digital world: the term refers to all those violent, threatening, disrespectful verbal behaviours that create a climate of hostility and a more general environment that is not favourable to minorities of any kind (this is why it falls under target crimes). The Internet, chat rooms and social networks have become a sounding board for this type of behaviour. Although violent verbal behaviour has always existed, the Internet is not neutral and is influencing the phenomenon.

UNESCO, in a report dated 2015, identifies four characteristics that distinguish offline hate from online hate: the permanence of what is written, its unpredictable return in different places and forms, anonymity and transnationality, the same characteristics as cyberbullying.

The moment a single person is targeted on the network, it can be called cyberbullying. Usually, victims of bullying and cyberbullying are chosen by bullies because they have one or more of the characteristics targeted in hate speech and discriminated against: non-conforming bodies, disability, sexual orientation, gender identity, nationality or social class. There may therefore be a correlation between cyberbullying of a single person and the malicious prejudices that the abuser has acquired, influenced and fomented by widespread hate speech referring to minorities.

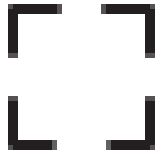


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THE MANIFESTO FOR NON-HOSTILE COMMUNICATION

Charter listing ten principles of style to improve online behaviour.

1. VIRTUAL IS REAL	2. YOU ARE WHAT YOU COMMUNICATE	3. WORDS SHAPE THOUGHT	4. LISTEN BEFORE YOU SPEAK	5. WORDS ARE A BRIDGE
I only say and write on the web things that I have the courage to say in person.	The words I choose tell the story of who I am: they represent me.	I take as much time as necessary to express what I think.	Nobody is always right, not even me. I listen with honesty and openness.	I choose words to understand, to make myself understood, to get closer to others.
6. WORDS HAVE CONSEQUENCES	7. SHARING IS A RESPONSIBILITY	8. IDEAS CAN BE DISCUSSED. PEOPLE MUST BE RESPECTED	9. INSULTS ARE NOT ARGUMENTS	10. EVEN SILENCE COMMUNICATES
I know that every word I say can have consequences, big or small.	I share texts and images only after reading, evaluating, understanding them.	I do not turn those who hold views I do not share into an enemy to be annihilated.	I do not accept insults and aggression, not even in favour of my thesis.	When the best choice is to keep silent, I keep silent.



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HOW DOES CYBERBULLYING MANIFEST ITSELF?

VIOLENT ONLINE DISPUTES
IN WHICH AGGRESSIVE
AND VULGAR LANGUAGE IS
USED, INCLUDING
INVOLVING OTHER USERS

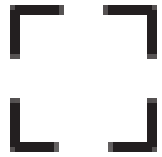
REPEATED SENDING OF
OFFENSIVE MESSAGES,
INSULTS AND UNSOLICITED
CONTENT

HARASSMENT, THREATS
THAT MAY MAKE PEOPLE
FEAR FOR THEIR SAFETY

POSTING NASTY
COMMENTS, GOSSIP,
INSULTS, MESSAGES THAT
COULD UNDERMINE THE
VICTIM'S REPUTATION IN
VIRTUAL AND REAL
COMMUNITIES

ACCESSING THE VICTIM'S
ACCOUNT WITHOUT THEIR
CONSENT, WITH THE AIM
OF SENDING OFFENSIVE
MESSAGES TO THEIR
CONTACTS OR POSTING
NEGATIVE CONTENT ON
THEIR BEHALF

PUBLICATION OF
CONFIDENTIAL, PRIVATE
AND INTIMATE MATERIAL
AND INFORMATION IN AN
OPEN SPACE ACCESSIBLE
TO ANYONE



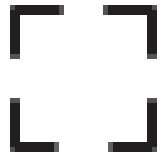
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DYNAMICS, BEHAVIOURS AND ROLES ACTED OUT IN BULLYING CASES

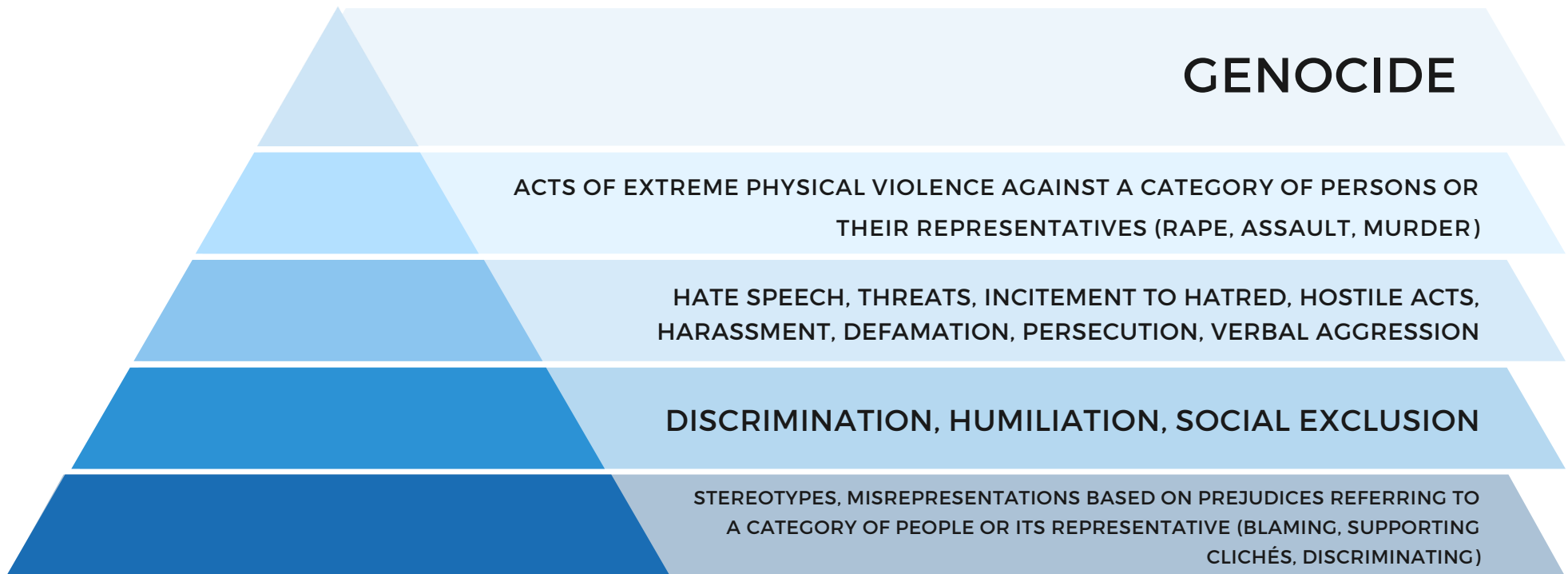


VICTIM	BULLY	OTHERS
<p>Victims of bullying are often shy, sensitive, anxious or insecure, have low self-esteem and difficulties in social relationships. There are common physical traits in bullying victims, which show how the phenomenon is fuelled by prejudice: being overweight, being too thin, disability, belonging to a different ethnic group. The most common feelings among victims are shame and guilt: the feeling is that they deserve to be harmed. They may suffer from sudden mood swings, states of anxiety or depression, emotional and psychosomatic disorders.</p>	<p>Those who bully often do so to feel better about themselves, stronger, more popular. Bullying is also an unhealthy way to get attention, to get something or to 'punish' someone you secretly feel envy or jealousy towards. Often bullies are unaware of the harm they are causing, do not have strong social and interpersonal skills, and more or less intentionally 'confuse' bullying with teasing. They are often, or have themselves been, witnesses or victims of violence, and can therefore reproduce toxic dynamics that they have experienced or seen (if they have suffered physical punishment, bullies may have internalised violence as a possibility, as an acceptable strategy for resolving conflicts and getting what they want).</p>	<p>Friends, family members, classmates, colleagues or acquaintances play a key role in breaking the cycle of violence. Recognising if a loved one is in difficulty (signs and alarm bells: withdrawal from relationships, states of anxiety or depression, sleep disorders, decline in school/professional performance) is the first step to help them open up and report it.</p>



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THE PYRAMID OF HATE



The pyramid has an increasing trend of violence that, from the base where we find discriminating attitudes, behaviours and beliefs, goes through an escalation of degradation until it reaches the top, where we find explicit violence. The less serious behaviours at the base support and legitimise those at the top, fuelling the spread of hate crimes.