



ADVISORY PERIOD
ON THE TOPIC:

BULLYING: WHAT IT IS AND HOW TO COMBAT IT



BULLYING

Bullying or harassment in any educational institution is a form of violence that can manifest itself both on an emotional level (mockery, threats, insults) and on a physical level (beatings, pushing). Bullying in schools, colleges, and universities is mainly typical of first-year students, when the group has the greatest significance for an individual. Any child can become a victim of bullying, regardless of family well-being, parental care, or level of development.

BULLYING BULLYING BULLYING



PROBLEM

RELEVANCE

The topic of bullying in modern schools, colleges, and universities in Kazakhstan is particularly relevant. According to various sources, the percentage of young people experiencing bullying in schools, colleges, and universities ranges from 20% to 50%.

GOAL

The goal is to study the causes of bullying and to develop methods to combat it.

RESEARCH METHODS

Theoretical analysis of online materials

SUBJECT OF THE STUDY

The presence of bullying in universities

ADVISOR HOUR OBJECTIVES

1. To understand what bullying is
2. To learn about existing ways to prevent and combat bullying
3. To study the forms and causes of bullying



PRACTICAL RELEVANCE

BULLYING

The practical significance of the advisor hour lies in presenting an analysis of the causes and identifying opportunities for implementing preventive measures to address the issue of bullying in higher education institutions.

THE CONCEPT OF BULLYING

Bullying is a form of systematic aggression by a group of people against an individual (from the English word *bullying*, meaning harassment). The victim is in a weaker position and is unable to defend themselves against collective attacks. This is what distinguishes bullying from a conflict: in an ordinary conflict, the sides are equal.



TYPES OF BULLYING

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DIRECT BULLYING



means open/overt actions: beatings, direct verbal abuse (insults to someone's face)

INDIRECT BULLYING



involves covert bullying: spreading gossip and rumors, and turning the group against the victim

TYPES OF BULLYING

Group 1 - manifestations primarily associated with active forms of humiliation;

Group 2 - manifestations associated with deliberate isolation and exclusion of victims from the group.

FORMS OF BULLYING

1. Physical bullying - deliberate pushing, hitting, kicking, beatings, causing other bodily harm, etc.;

- **Sexual bullying** is considered a subtype of physical bullying (actions of a sexual nature).

2. Psychological bullying - violence affecting the psyche, causing psychological trauma through verbal insults or threats, harassment, and intimidation, intentionally inflicting emotional suffering.

PSYCHOLOGICAL BULLYING



1. **Verbal bullying**, where the tool is the voice (offensive name-calling, nicknames used constantly to address the victim, teasing, spreading hurtful rumors, etc.);
2. **Offensive gestures or actions** (for example, spitting at or in the direction of the victim);
3. **Intimidation** (using aggressive body language and tone of voice to make the victim do or refrain from doing something);
4. **Isolation** (the victim is deliberately isolated, expelled, or ignored by part of the students or by the entire class/children's group);
5. **Extortion** (money, food, or other belongings, forcing the victim to steal something);
6. **Damage and other actions involving property** (theft, robbery, hiding the victim's personal belongings);
7. **Cyberbullying** – humiliation using mobile phones, the Internet, or other electronic devices (sending offensive or threatening images and photos, name-calling, spreading rumors, etc.).

IN WHAT WAYS DOES BULLYING OCCUR?



- 1. Verbal aggression**
- 2. Psychological pressure**
- 3. Spreading rumors**
- 4. Ignoring (in other words, a boycott)**
- 5. Damaging personal belongings, physical abuse, humiliation**



PARTICIPANTS IN BULLYING

TARGET

Most often, the victims of bullying in educational institutions are: high achievers, underachievers, children with illnesses that have visible symptoms, physically weak children, children from underprivileged families, and members of national minorities. Victims often do not tell anyone that they are being bullied.

BULLY

Aggressors are usually children who seek attention from their peers or adults. By provoking bullying, aggressors aim to assert themselves, boost their self-esteem, and elevate their status in the eyes of their peers. Aggressors tend to be hot-tempered, unbalanced, and rude. They are hostile toward others and do not respond to criticism. Typically, aggressors have a poorly developed sense of empathy.

BYSTANDERS

Bystanders are the largest group of participants in bullying. Most bystanders feel sympathy for the victim of bullying; however, fewer than half are willing to help. Bystanders often experience fear and shame. Some of them are willing to side with the aggressor

BULLYING MOTIVATION

ENVY

Envy is an emotion that arises when a person lacks another person's superior qualities, achievements, or possessions and either desires them or wishes that the other person did not have them. **Bullies may target a victim out of envy.**

SELF-ASSERTION

Self-assertion is the desire to realize oneself and to achieve certain results in one's activities, behavior, and interactions with others. **Bullying is one way to assert oneself within a group and to occupy a high position in the internal hierarchy.**

REVENGE

Revenge refers to harmful actions carried out with the intention of punishing a person or a group of people for harm inflicted earlier. It is driven by feelings of resentment, whether real or perceived. **There are cases when a victim becomes an aggressor themselves and seeks revenge on the offender.**

CONSEQUENCES OF BULLYING

Bullying in a group always has consequences. The victim of bullying always feels its effects. They may manifest as psychological and physical health problems. In addition, a victim of bullying may experience difficulties with social adaptation in new groups, with building relationships with people, and with society in general later in life.

People who have ever experienced bullying always face some consequences. They often encounter physical and psychological health problems. The most common issue is stress. The effects of stress include headaches, digestive problems, sleep disturbances, anxiety, and depression.

HOW TO DEAL WITH BULLYING?

First of all, it is important to take this issue very seriously. Bullying should not be seen as a mere prank, because sometimes harassment can lead to the most severe consequences, such as murder or suicide.

First and foremost, talk to **psychologists and advisors**. You can approach them directly at your university. The key is to present it as a general problem you want to resolve, rather than making personal accusations.

If talking doesn't help and the university cannot protect you from bullying, you can file a lawsuit.

IF YOU ENCOUNTER BULLYING AT UNIVERSITY, YOU NEED TO SEEK HELP. EVERY DAY UNDER THE WEIGHT OF FEAR AND HUMILIATION TAKES A TOLL ON YOUR MENTAL WELL-BEING, DRAINS YOUR ENERGY, AND UNDERMINES YOUR BASIC TRUST IN PEOPLE. YOU HAVE THE POWER TO STOP IT.

IF YOU FEEL UNWELL, **DON'T ENDURE IT**



STOP

BULLYING



Presentation prepared by:
International Educational Corporation
Department of Social Development
I.I. Khajiev