



## Bullying

Bullying is a form of violence that consists of carry out repeated verbal, emotional, physical, or psychological attacks with the intention of dominance or humiliation. Bullying can occur in person or online through technology.

### How does it manifest?

Bullying can be presented and manifested in different forms: physical, verbal, or social. These can be:

- Frequent teasing
- Threats
- Exclusion and rejection
- Intimidation
- Vandalizing or seizing the victim's belongings
- Blows, shoves, hair pulls, bites, among others
- Create gossip or public humiliation

### Cyberbullying

Cyberbullying is a type of bullying that is done through technology such as the internet, email, and social media using electronic devices. This behavior seeks to frighten, anger, humiliate and degrade the victim by menace publishing lies, rumors, creating false profiles, capturing embarrassing moments (or threatening to do something), through abusive messages, images, or videos. Face-to-face or cyberbullying can occur at the same time, keeping in mind that through digital technologies means that bully can be available at any time of the day. This can happen inside or outside of school.

### Characteristics of :



#### Bullies

- Violent behavior.
- Poor or no self-control.
- Lack of empathy.
- Challenging attitudes.
- High probability that is a victim of some other type of abuse at home or immediate environment.



#### Victims

- Physical or learning difficulty such as oral or language related language.
- Low self-esteem, insecurity, or being psychologically vulnerable.
- Previously targeted as victim of bullying.
- Belonging to a minority ethnic, religious, cultural or sexual orientation group.



#### Observers

- They do not report events to parents or teachers.
- They collaborate with the attacks.
- They record the events with cell phone cameras.

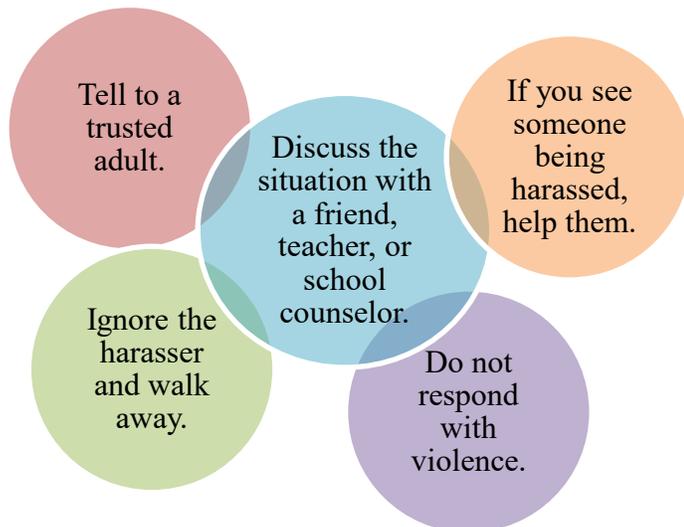


## Signs of Bullying Victims:

There are different signs that a child or adolescent who is being bullied can manifest. Some warning signs are:

- Depression, loneliness or anxiety.
- Low self-esteem.
- Bad eating habits.
- Low achievement and academic performance.
- Self-harm in it.
- Suicidal thoughts or suicide attempts.
- Unexplained injuries.
- Loss or damage of clothing, books, electronic devices, or jewelry and accessories.
- Difficulty sleeping or nightmares.

## What to do if you are harassed or know someone who is being harassed?



## Prevention:

- **Education:** Children and teens need to know what bullying is and how to prevent it or deal with it, safely.
- **Ask them:** As a parent or caretaker relative, you need to know how went the children day, who their friends are, and what their concerns are.
- **Get involved:** Empathize with their activities, interests, and hobbies that can boost confidence, help kids and teens make friends, and protect them from bullying.
- **Be an example:** show them how to treat other people with kindness and respect.

### Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can manage the emotional and physical concerns caused by bullying, please visit your primary care physician, or contact the following phone lines:

#### Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

#### APS Healthcare

787-641-9133

## References:

- (2021)<https://espanol.stopbullying.gov/prevenci%C3%B3n-mkd2/c%C3%B3mo-prevenir-el-acoso-escolar>  
 (2020)<https://espanol.nichd.nih.gov/salud/temas/bullying>  
 (2020)<https://www.unicef.org/es/end-violence/ciberacoso-que-es-y-como-detenerlo>  
 (2022)<https://kidshealth.org/MainLine/es/teens/bullies.html>

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