



What is Bullying?

According to UNESCO, bullying is characterised by aggressive behaviour that involves unwanted, negative actions, occurs repeatedly over time, and reflects an imbalance of power or strength between the perpetrator(s) and the victim.

Types of BULLYING

According to UNESCO



Physical



Cyber



Psychology



Sexual

Awareness and Prevention of Bullying



Awareness

Recognize the signs of bullying (physical, verbal, cyber, social)

Understand that bullying is harmful and unacceptable.

Be aware of your own actions and words.



Brave

Be kind to others; kindness prevents bullying.

Be brave to speak up when you witness bullying.

Be supportive to those who are bullied.



Care

Care for yourself and others by creating a safe environment.

Contribute to change by reporting bullying to trusted adults or authorities.

Talking to a Bullying Victim

SUPPORTIVE RESPONSES VS UNHELPFUL RESPONSES

“ It took a lot of courage to tell me this.

I know this is hard for you. You don't deserve to be treated this way and it's not your fault.

I'm always here to listen and to help you.

How would you like to handle this?

” Who at school has your back?

“ Why are you letting other people get to you?

What have you done to cause people to treat you that way?

You just have to be strong and push through this.

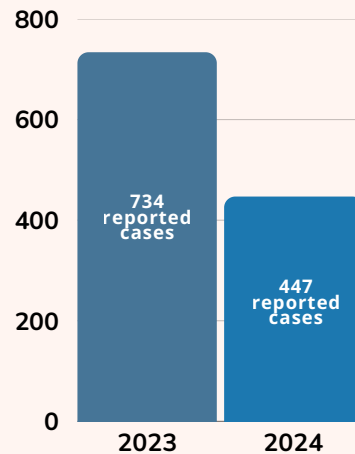
You shouldn't care what other kids think.

” Don't let them treat you like that. You need to fight back and stand up for yourself.



Bullying Case Statistic Report

2023 2024



Initiatives Against Bullying:



IBTE
Counselling for Students



B.E.S.T Programme
(Help, Empathy, Love, Responsibility)



@bruneibebasbuli



1. United Nations Educational, Scientific and Cultural Organization. (2019). *Behind the numbers: Ending school violence and bullying.*

2. The 21st Legislative Council. (2025, March 7). *Reported bullying cases drop from 734 to 447 in a year*. Brunei Darussalam: Legislative Council (21st Session).

