



YOUNG INFLUENCERS 2022

ANTI-BULLYING CAMPAIGN

Do Good, Live Good, Be Good



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ABC

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Do Good, Live Good, Be Good

AGENDA

Ice Breaker

Main Presentation - What is BULLYING?

Leh We Talk 4 Reel – Share your thoughts and experiences

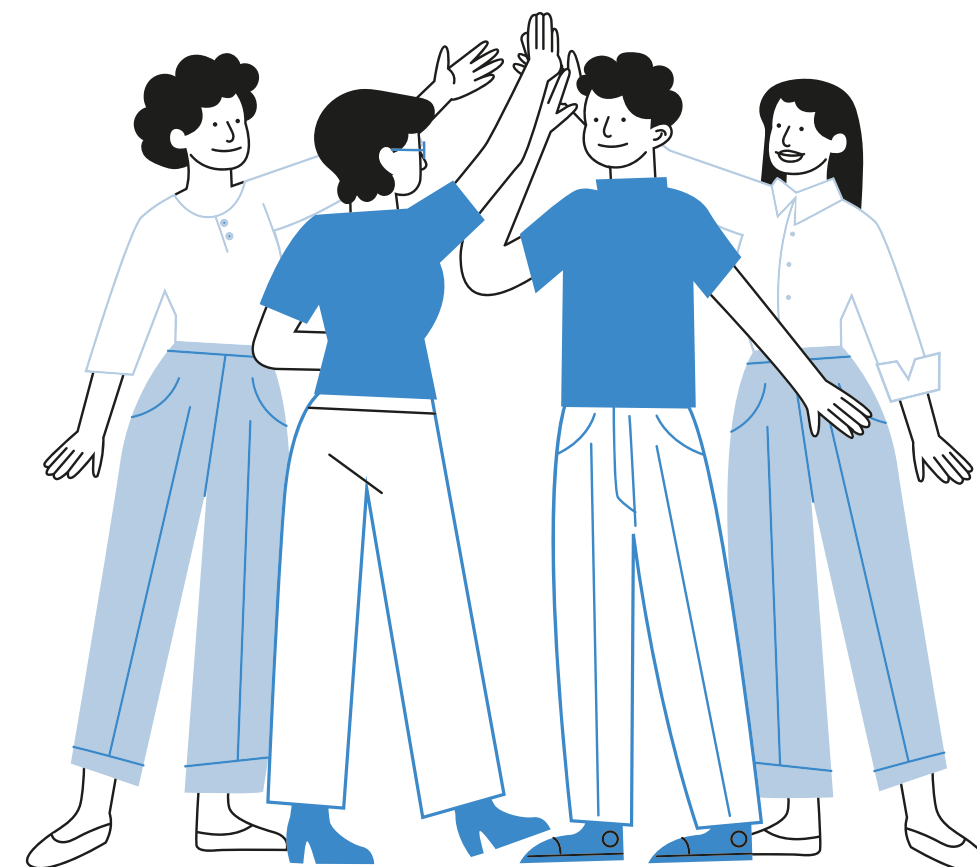
Trivia and Activity

Re-Cap



ICEBREAKER

#LehWeTalkForReel



WHAT IS BULLYING?

Repeated behaviour that is intended to hurt someone either emotionally or physically.

Physical Bullying



Verbal Bullying



Cyber Bullying



TYPES OF BULLYING

Social Bullying



Sexual Bullying



Religious Bullying



CAUSES OF BULLYING

Envy / Ignorance

They too were bullied

Revenge

Seeking Attention

Low self-esteem

Hate or Discrimination

EFFECTS OF BULLYING

A person experiencing bullying can:

Start to perform poorly in school and work

Develop low self-esteem

Become depressed, anxious and/or lonely

Start self-harming

Become suicidal



HOW TO DEAL WITH BEING BULLIED?



**Confide in
someone you
trust such as a
friend, or
other trusted
loved one**



**Seek help
from trusted
authority
figures
(teachers,
parent)**



**Never
aggravate a
bully further.
Instead,
disengage the
bully.**

IF YOU SEE SOMEONE BEING BULLIED

**Tell a trusted
adult or
relevant
authority
figure**

**If bullying
escalates to any
form of physical
or sexual abuse
call 9-1-4**



PERSONAL EXPERIENCES

**Let us share our
experiences to bring
awareness**

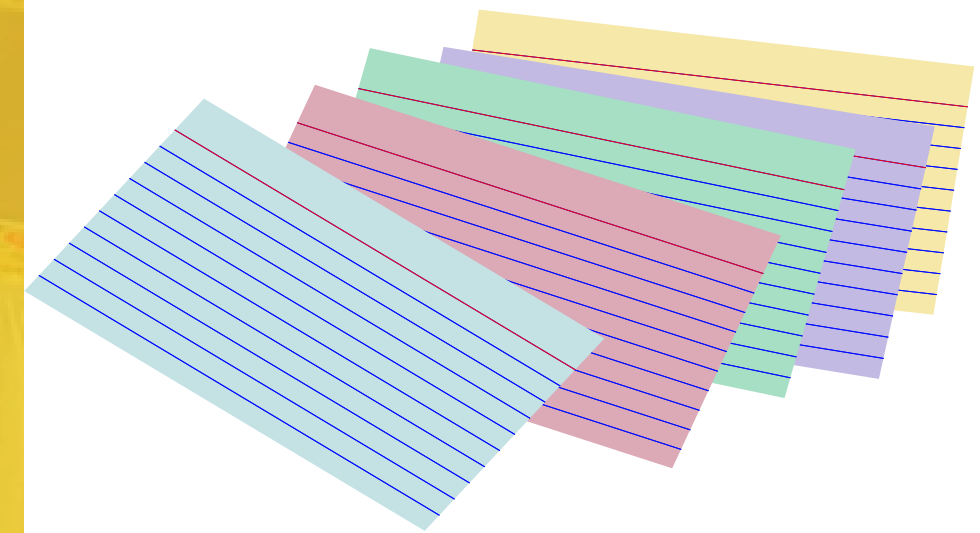
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GAME/ACTIVITY

TRIVIA

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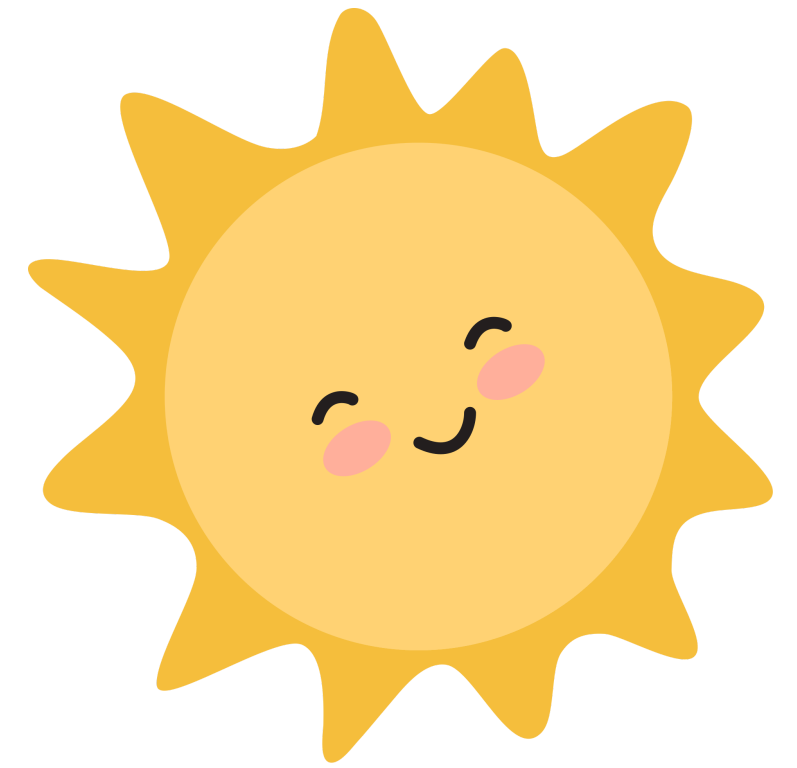


LET US BE KIND TO OURSELVES AND OTHERS.

Say something nice about the person next to you.

Say one way you can be kind to your friend.

**Fill out the notecard provided with a kind note to
anyone in the room**



CONCLUSION

Why the ABC-Anti-Bullying Campaign is important?

How we can stop bullying in our own simple way?

#LehWeTalkForReel





End The

Do Good, Live Good, Be Good