

## Online guide to bullying: do not underestimate the problem

First of all we shouldn't underestimate the problem because

- bullying is not a childish action
- bullying often hides real criminal actions such as theft, extortion, vandalism, robbery and sex crimes
- bullying not only harms the victim, but everyone that it touches: the family, the teachers, the witnesses
- bullies are more likely to grow up committing abuses
- bullying may cause damage to the victims' physical, emotional, and intellectual sphere, as well as to their relationship-building skill.

### A set of rules to follow:

#### Don'ts:

- don't offend others, especially the most vulnerable
- don't hide from your parents that someone is hurting you
- don't lie
- don't be hard on school-mates you don't like
- do not presume upon weaker school-mates.

#### Do's:

- always tell your parents
- tell someone if you are being bullied, if you've witnessed any bullying behaviour or if you've heard about it
- if possible, defend the school-mates who get bullied
- treat all your school-mates equally
- ask your teachers, non-teaching staff and your mates for help, if someone is threatening you.

### To get help immediately you can call:

**113 Polizia di Stato (Italian National Police)**

**112 Carabinieri**

**114 Emergenza Infanzia (toll-free children helpline)**

**19696 Telefono Azzurro (toll-free helpline available to all children and adolescents below the age of 14)**

**199.15.15.15 Telefono Azzurro (the institutional line for minors over 14 and for adults)**

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