

PROTECTION OF PERSONAL DATA



Do not give
anyone your
email
address,
phone
number or
address

Austēja



Friendliness



Be friendly with a child who is being bullied. Show him that you see what is happening to him and that you care. If you can, try to be with him more often - it will be harder for bullies to make fun of him when he is not alone.



Alina



Listening



Listen to your friends when they talk about bullying and how they feel. By listening to others, you can help those who experience bullying feel better.



Sandra



Communication



Be an
example to
others -
communicate
amicably and
without
bullying.



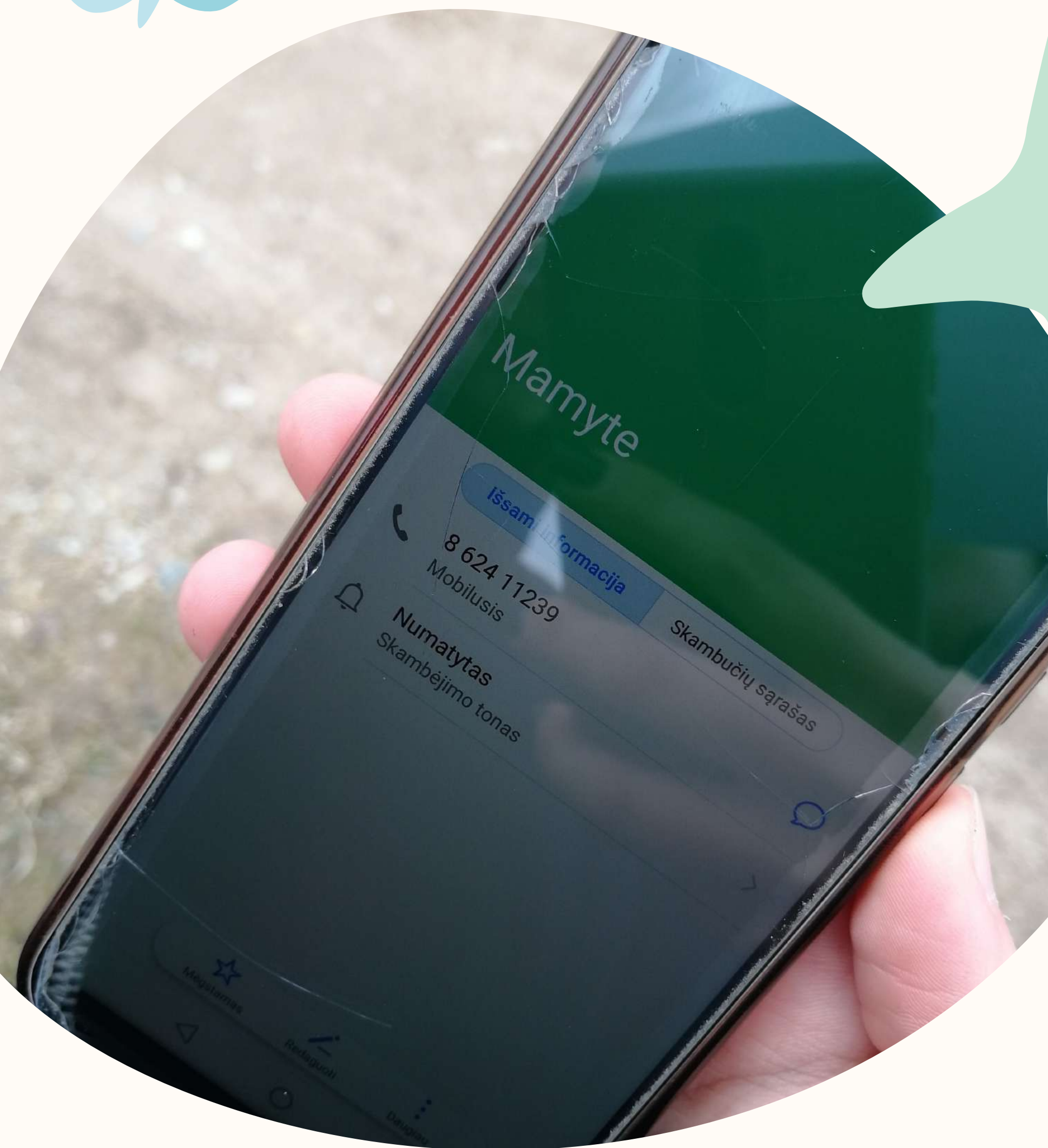
Austėja



Ask for help



Ask your
parents or
other adults
you trust for
help with
bullying
situations.



Alina



Become a member of students organization



Support student organizations that fight against school bullying and become a member.



Alina



Peer to Peer



Participate in
bullying
prevention
programs, such
as "Peer to
Peer".



Sandra



Inform adult



Inform your
teacher,
educators or
other school
staff about the
ongoing bullying.



Laima



Make a call



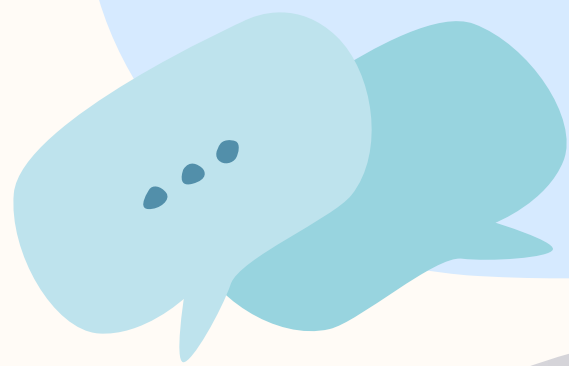
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In a very critical situation, make a call to the "children's line", talk with them and it will be easier for you.

Laima



Change your phone number



863452214



86xxxxxxx

If you are
being bullied,
change your
phone number,
and no one
will call
again

Alina



Change your life style



It seemed to me that I couldn't stay without the internet for a minute until Dad offered me a ride on a roller skates. Now I drive a lot, I don't sit at the computer anymore, I make friends.



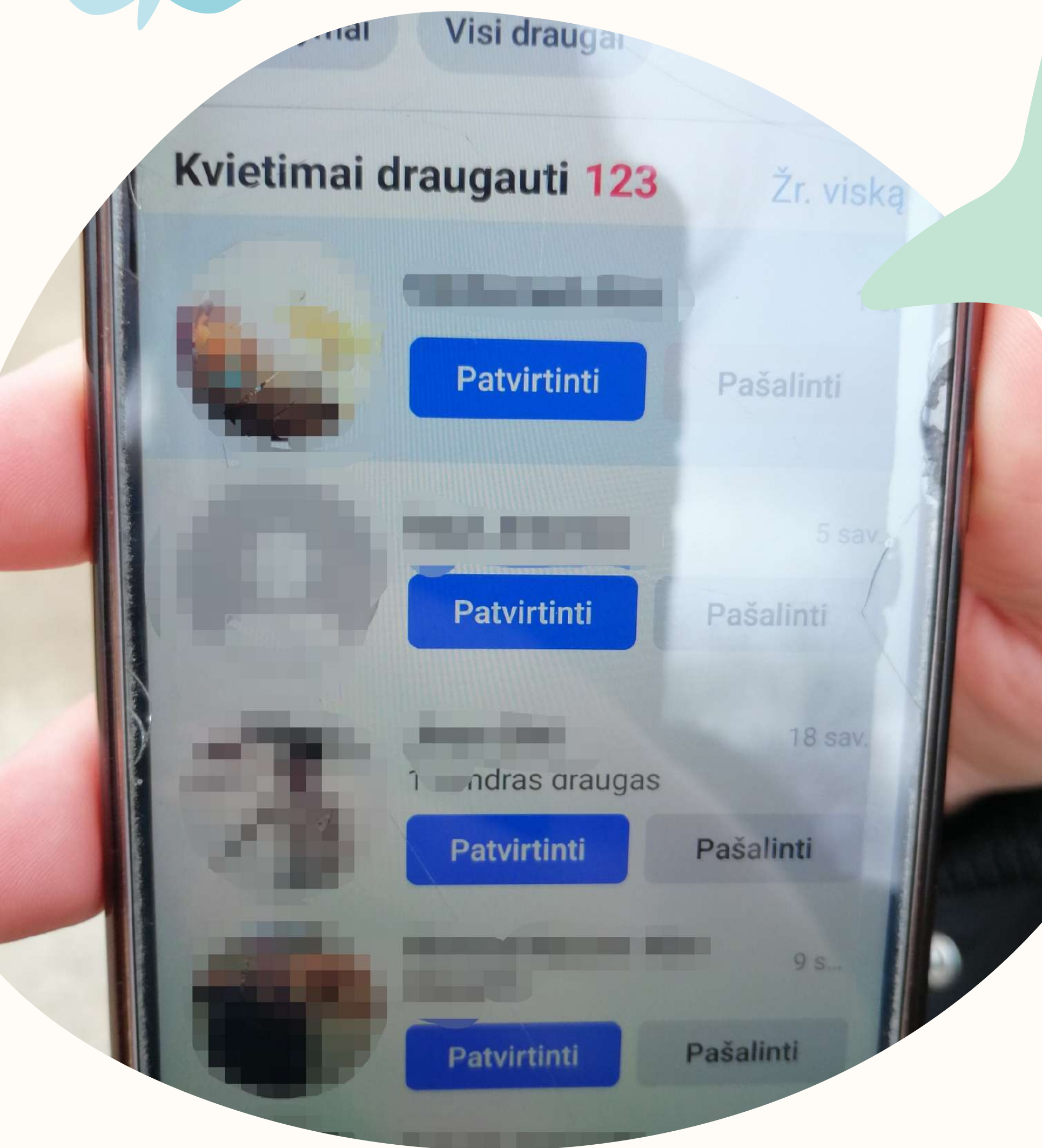
Austėja



Date



I don't think
it's worth
going on a
date with a
friend you
only know
from
Facebook



Laima



Coward



With this photo, we wanted to show that people who often experience bullying hide behind a mask, pretending that everything is fine for them. But in reality, bullying is like a parasite, destroying them from within and leaving long-term damage ...

Terèse



Earthworms



He does not
see, is blind,
and bullying
comes from
ignorance,
misunderstandi
ng.

Neringa



Bullying



Bullying causes unpleasant feelings, an emotion of sadness that stays in us for a long time and when you see it somewhere or being in a place where you have bad memories is very unpleasant and avoids those places.



Dainius



Closed eyes



Very often they make fun of their appearance or if they look worse or if there are children left behind and if children are left unattended. They experience a lot of bullying and here I see a child who has been bullied and is closing his eyes because it hurts.



Karina



Offender - beater




This is a drum game. He reminds me when a friend slandered me, wrote messages, licked other children against me. I'm not friends with him anymore. The balls in this photo are words, actions that offend and hurt the heart. And the sun in the middle of the drum is a friendly behavior of others - it helps to live and saves a person. In this photo, the drum is torn from hitting the balls, which means that the person is already injured. This photo reminded me of sadness.

I would like to tell the kids that friends should help, defend when someone makes fun of them. Kids can be in the sun for each other.

Melynasis
riteris




Disaster



This is my pen (pencil case).
Reminiscent of the difficult experiences at school when this pen was thrown in the classroom from hand to hand. It wasn't a game for me. Clearly unsafe in the classroom.


Learning at a distance is also worrying, but I know there are always parents around who will protect me. This photo reminds me of the pain I experienced, the bullying a man made in deep pits. The darker lines of the pen mark failures, although there have been white, light days. "I wish everyone" so that you do not have to suffer such severe bullying when your belongings are remembered and damaged. I wish everyone to have friends.



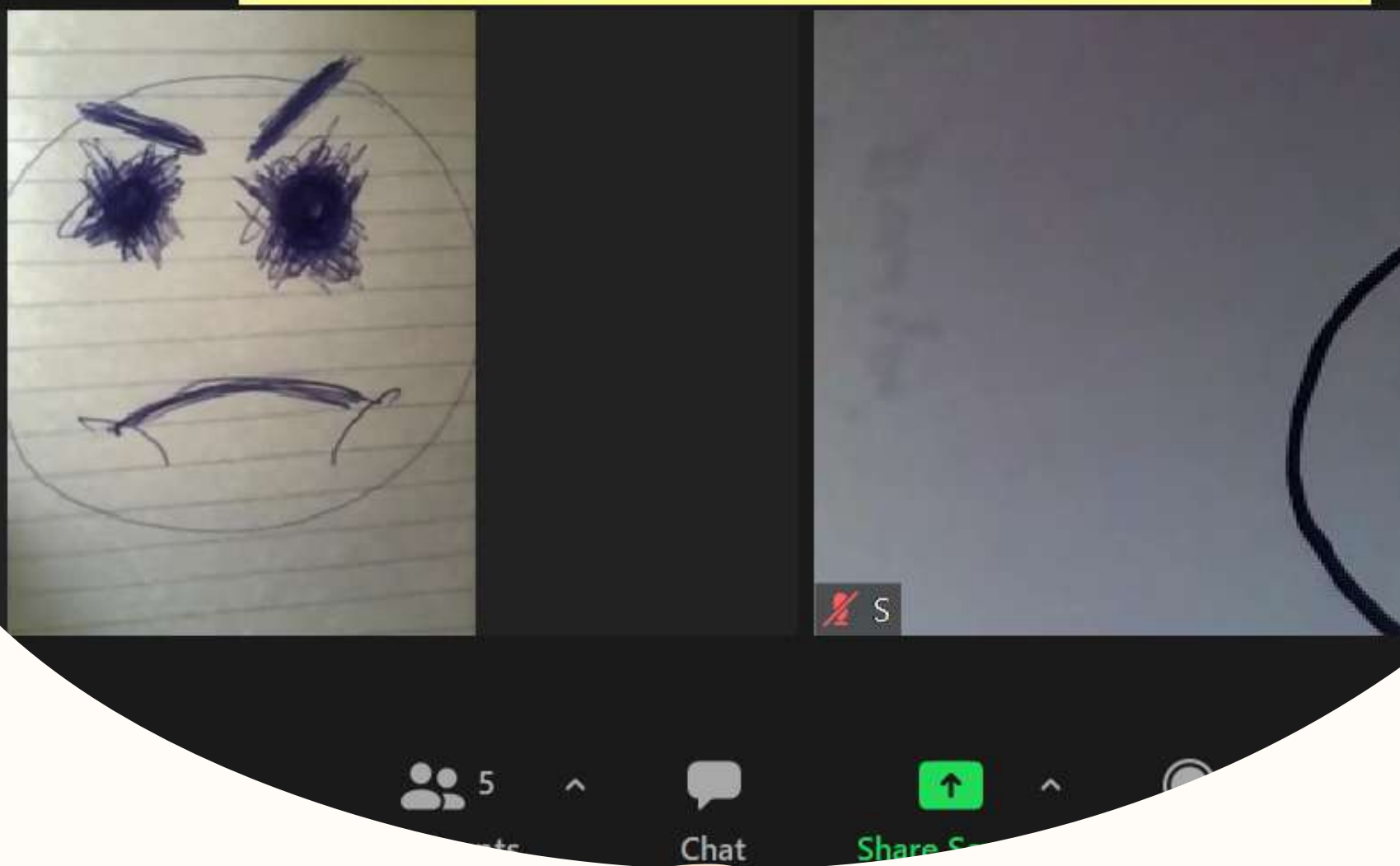
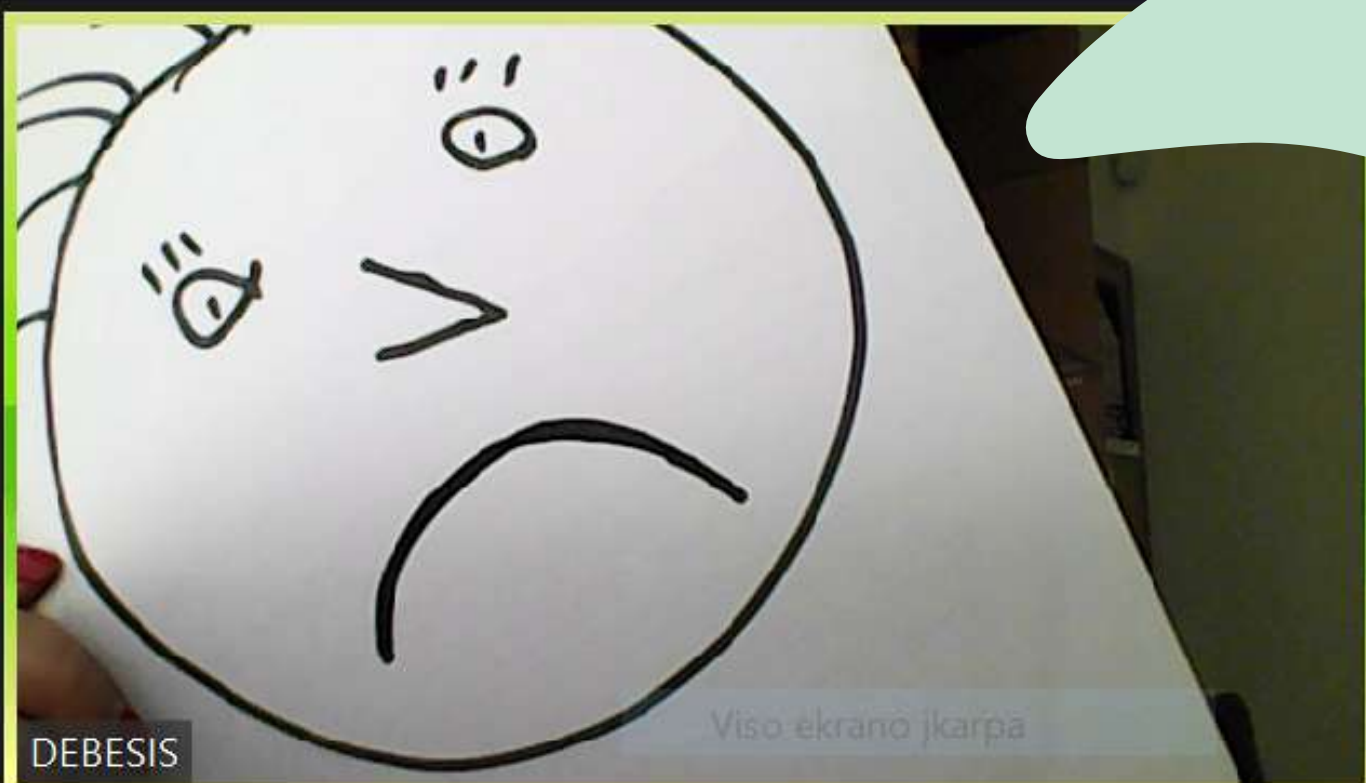
Martynas
Mazvydas



Masks



In the photo I see the dark side of the internet. The Internet occupies a large part of our lives these days. It is a wonderful invention, without which I can no longer imagine my daily life, but more and more often I have to face outbreaks of bullying and hatred. We often put on masks online, and do not show our true face, so we feel brave, invulnerable. Online communication these days represents real communication with people for many, which is why people often pour out their hatred and aggression in this space. I think people need to talk more about this, not be afraid to share their negative experiences with each other. This is the only way we can avoid bullying and together we will create a friendlier environment on the Internet.



A.Š.



School life




I think this photo has the eyes of an angry face, full of hatred. There is bullying online, at school, for various things in life and it hurts a lot.



Akvilē
Urmulevičiūtē



Childhood



Childhood is such a wonderful period of life to which we all seem to want to return, but it is a pity that children themselves (or other people who have grown up) can no longer enjoy and enjoy it. It destroys, destroys, breaks and demonstrates its hatred on items that are very valuable and will remain in memory for a lifetime. Bullying in cyberspace, like these photos, is hidden, sometimes invisible, it takes place in secret, destructive, damaging, we feel like darkness. That is why we need to talk about it.



Pijus Šiaulys



Help



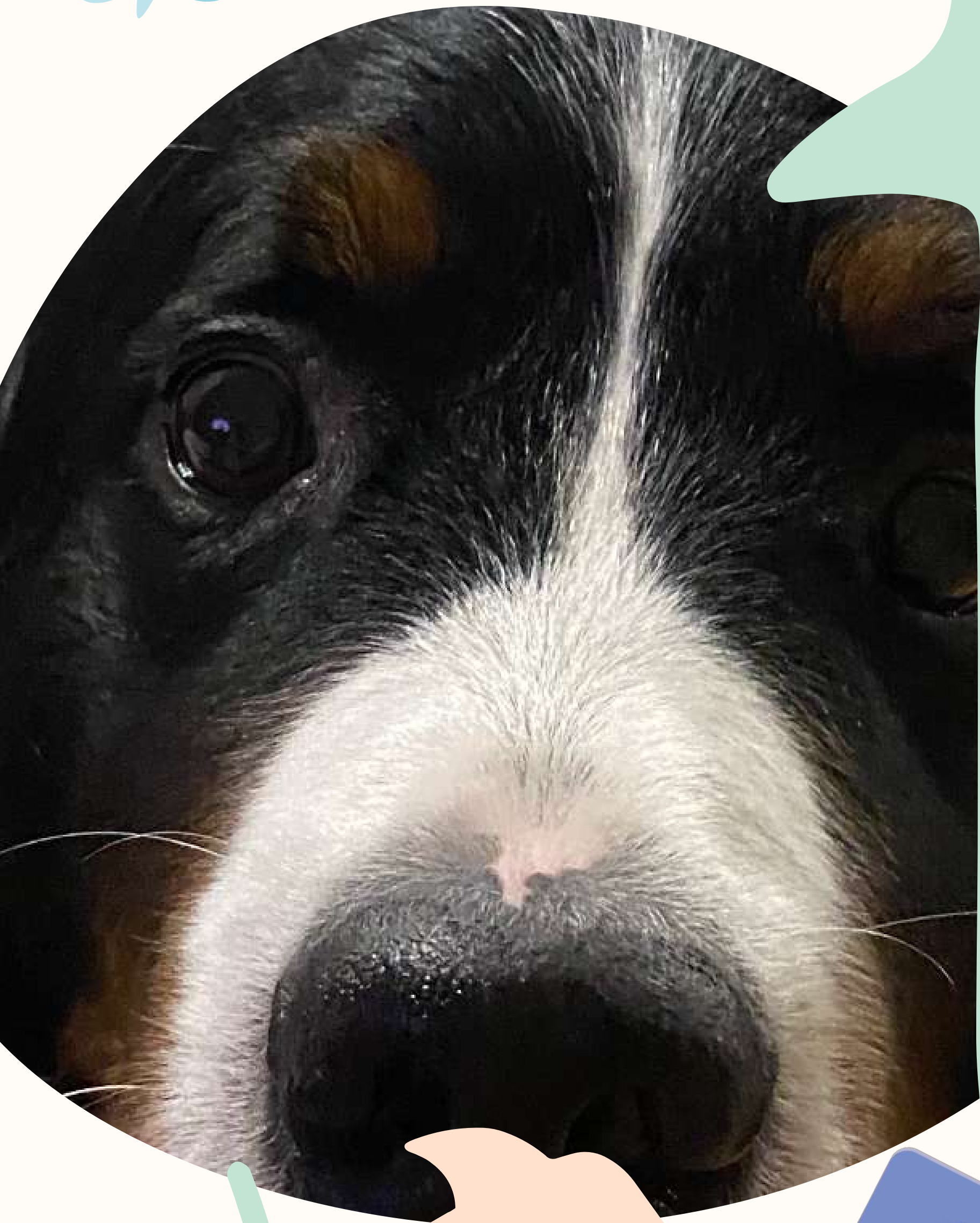
When you no longer know where to end and who will be bullying online you need to seek help from anyone who can help



X. X.



Best friend



When I experience a lot of bad feelings and bullying online then I always think that a dog is the most loyal and best friend who will never do so, who feels when I am sad and understands me

X. X.



Cyber – Protection




There is a way
we, the Children,
can be protected
by big “storms”
and “bad
weather” as
cyberbullying. I
think the big word
is Prevention



Alina



Contrary Emotions



Cyberbullying provokes contrary emotions. Sadness, shame and even despair for the one that is bullied, and satisfaction, joy and a powerful sensation for those who mock someone. But it is not fun at all!



Stefania



Friend

Loneliness is the ugliest feeling when your colleagues and friends make from the internet a place where you are bullied and humiliated. You can't find your place in any way. Loneliness becomes your best friend.

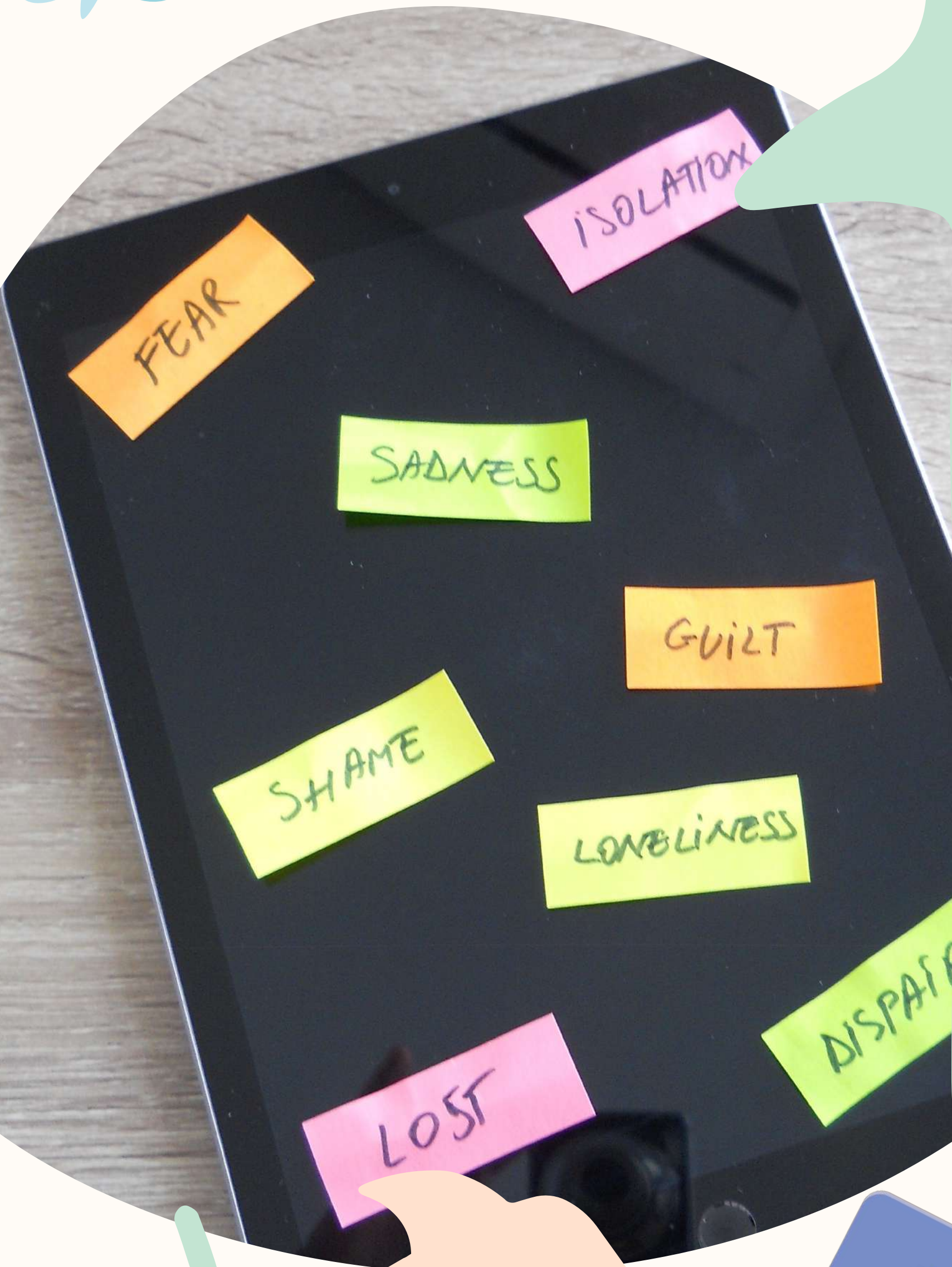
loana



A Mix of Emotions



Being bullied in online spaces makes you feel very intense feelings and emotions. Most of them no one wants them



Roxana



Who is Behind the Screen?



Sometimes you may find out that one of your friends is not who you seem to be. It is easier to wear a mask behind the screen.



Karina



Message pending...



Humiliating
someone is one
button away.
Just click "send"
and they all
laugh and mock
the "fat" girl.

You are the most stupid
and fat girl!!!! 😞 I hope
you will disappear...



Andrea



"Now only the dust settles
on me"



Before being bullied
on the internet, I
enjoyed being with
my friends online
and offline. We
were taking a
break from the
internet and we
loved to take a bike
ride. Now nothing
seems to make
sense. Not even a
bike ride.



loana



Isolated and humiliated


When you're caught in the "claws" of cyberbullying, isolation and humiliation become your state of being



Ana



A cry for help



Sometimes a cry for help is the best way to get out of the hopelessness and the great sadness when your colleagues are harassing you online. I am sure someone will hear you and help you!



Miruna



The World is Crushing Down



Now with the
internet,
bullying is
spreading fast.
And in an
instant your
world becomes
like a castle of
cards... crushing
down.



Elena



HARD TO ENJOY ONE OF MY HOBBIES



There are people like me who like playing games, but sometimes we need to be careful as some of them can bully you by saying words like "otakus" which its meaning is not nice at all



Adrián
Rosendo Ruiz



FAR FROM IT



I wanted to represent the children who experience cyberbullying. There are more and more people who are sad or upset by this. **WE NEED TO STOP THIS!!!!**



Adrián Medina
Fernández



LOST



I chose this picture because I think that nowadays people can bully through the internet easily and loneliness can be one of the main feelings.



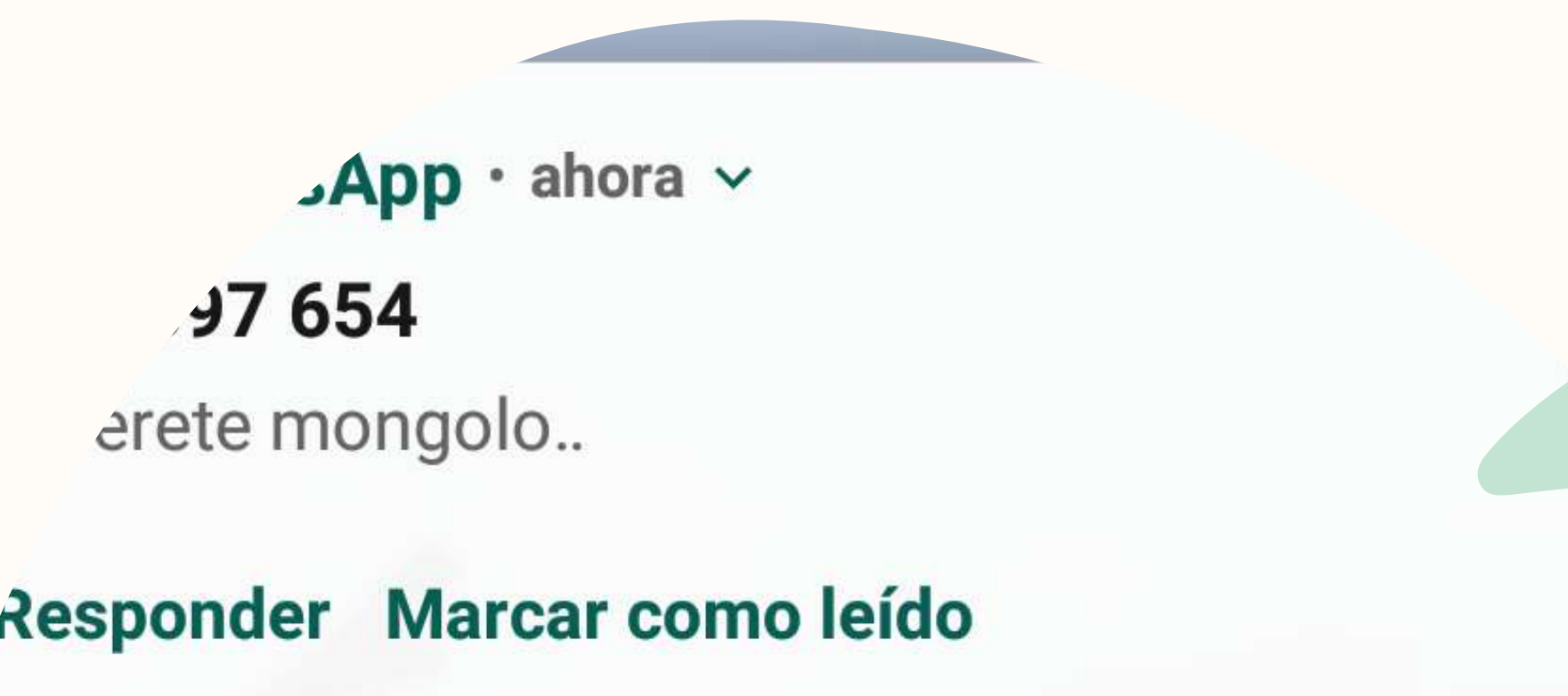
Alejandro
Muñoz Morillo



ATTACKED



Being attacked constantly on your social media pages or through messages can affect your life tremendously. Those people won't give up chasing you and that situation can change the way you are, making you feel small



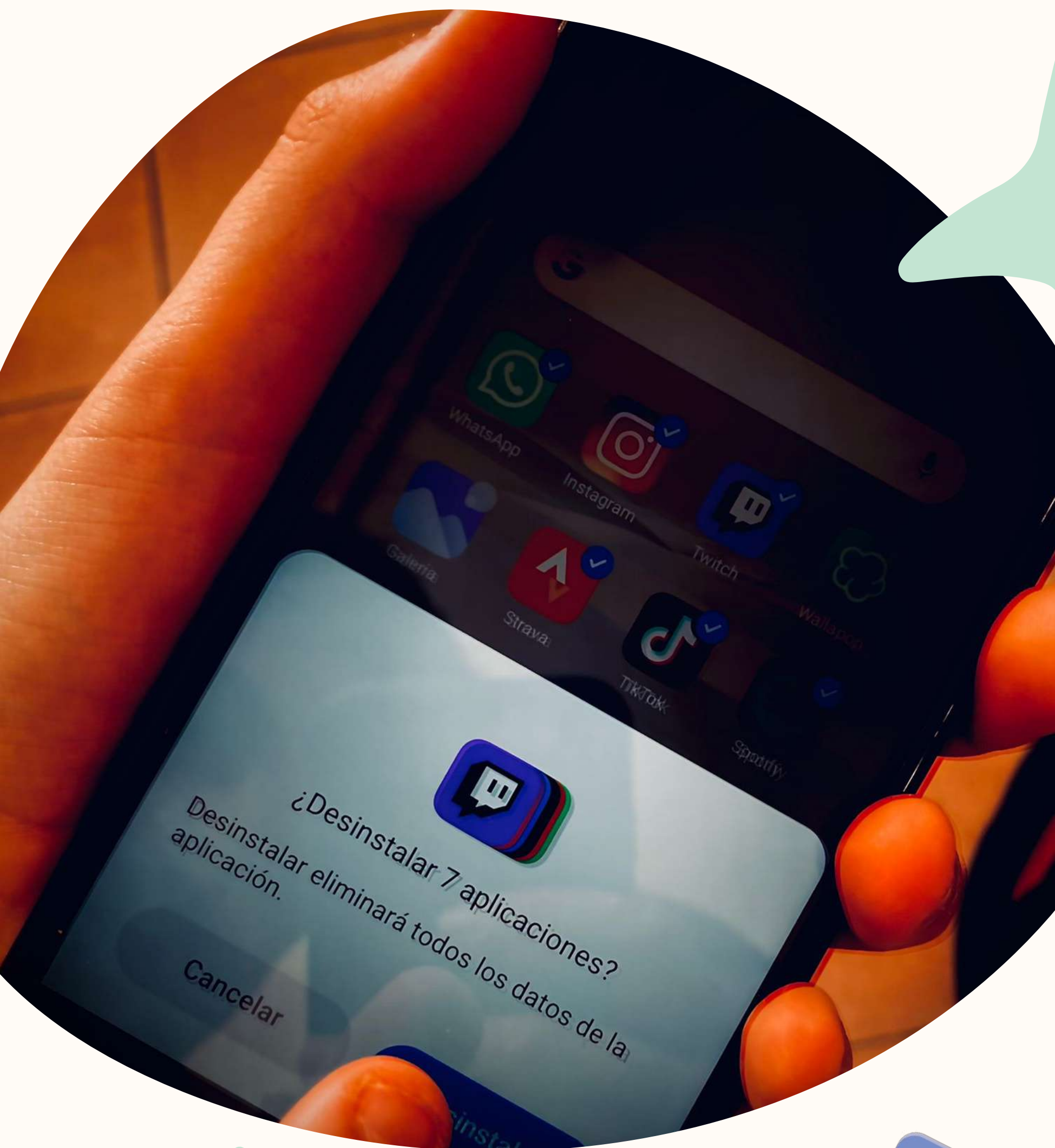
Ángel Nolasco
Benitez



WITH LONELINESS



With this photo, I want to explain that a person who feels lonely wants to remove all media applications and be alone without talking to anyone or watching anything youtube or tik tok.



Miguel
Bermudo
Fernández



INCLUSION



With this photo I wanted to recreate one of the worst feelings that children and adolescents feel in their school environment. This should not be allowed as these children grow up burdened by not being accepted by society (between their peers). Both in the schoolyard, and in class with some teachers who allow it or who think that it is a matter of little children. Before studying the profile of the harasser (which I also see as reasonable) one should study that of the harasser and know why he does it. Also, I want to say that you can be bullied first through social media and then they make you feel apart in the school environment for example



Gema Muñoz
López



YOU ARE NOT ALONE



Cyberbullying can make you feel depressed and sometimes your family and friends are not aware about what is happening to you. For this reason, it is important to talk to them and ask for help



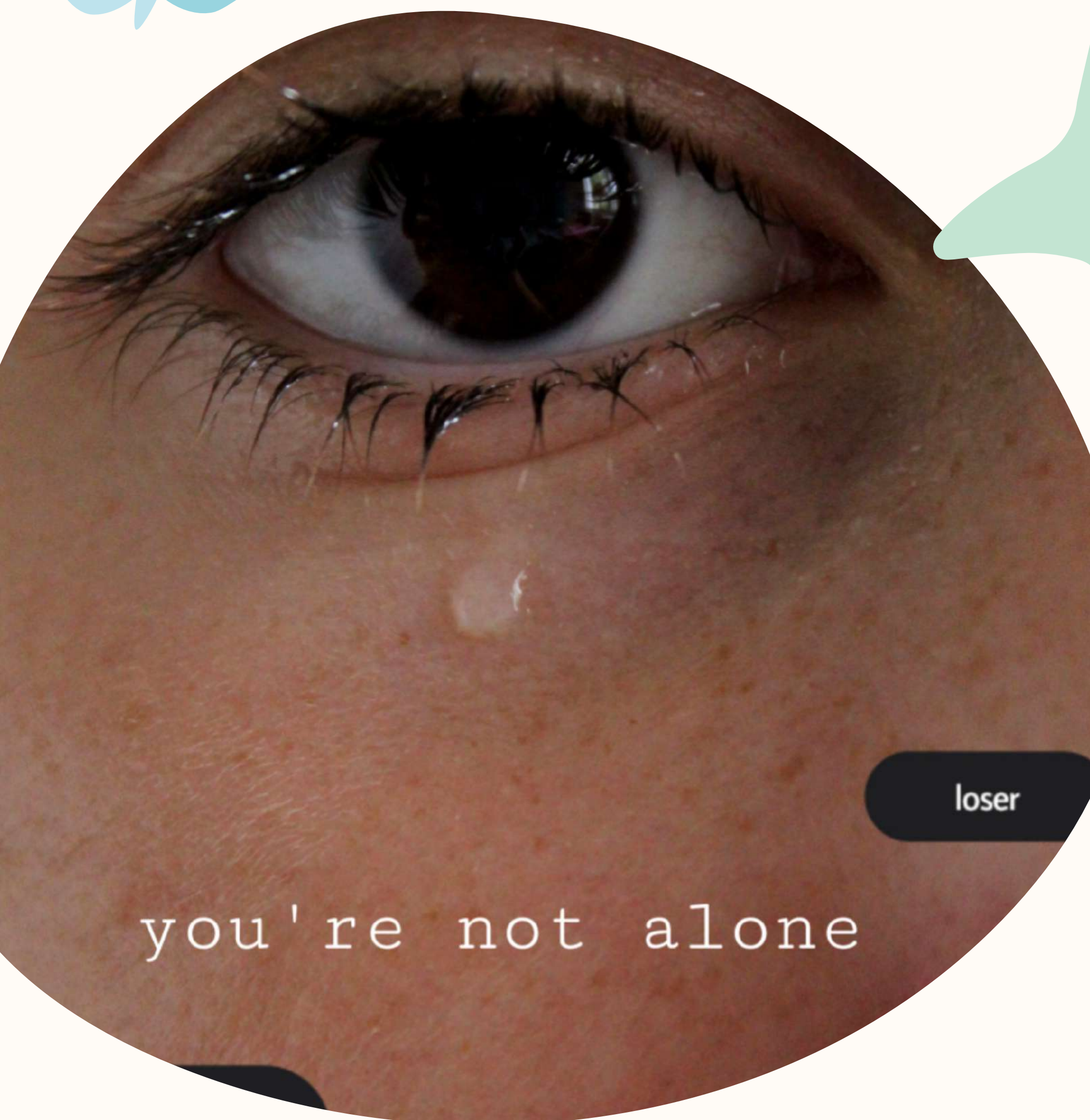
Daynor
Suárez



FEELING SUPPORTED



What I want to show with this photo is that many times we keep our problems to ourselves, and those problems get bigger until the point of not being able to take it anymore without realizing that we are not alone, that there are people who support us



Paola Pérez
Villa



THE "COOLEST" PERSON



I have chosen
this photo
because it
represents how
it feels to be
the stalker, who
feels really cool
because she/he
wants to be the
leader by making
the bullied
person feeling
sad and lonely



Iván
Rodríguez



BEHIND THE SCREEN





I tried to create a photo that reflected this problem very well. Nowadays, people don't care about this type of bullying which is very serious and it is happening all the time around us



Susana
Sánchez
Maqueda






I know how hard it is for you to look me in the eyes in real life while you humiliate and hurt me behind your screen. It just shows that you're weak.


This is a sign of your loneliness. You may have the ability to virtually inflict emotional pain on me and others. But this loneliness of yours has distanced itself physically, online. You can't see the real fear in someone's eyes. You don't even need to show your face when interacting with others because you're the weak one and scared






Maybe you can send me
nasty threats from
behind the keyboard
rather than face to
face. It's not me you see
behind the keyboard.
Just a picture. You may
feel less constrained and
less responsible behind
the keyboard than you
can do in the real world,
but empathize with the
person in front of you.
This could be you.






You cannot see the bruises and scars left by cyber-aggression on me or others, but the emotional damage and physical scars which leave on me can be very bad. Ironically, while this abuse you do can be invisible, it can also be very obvious and hurtful to me and those around me.






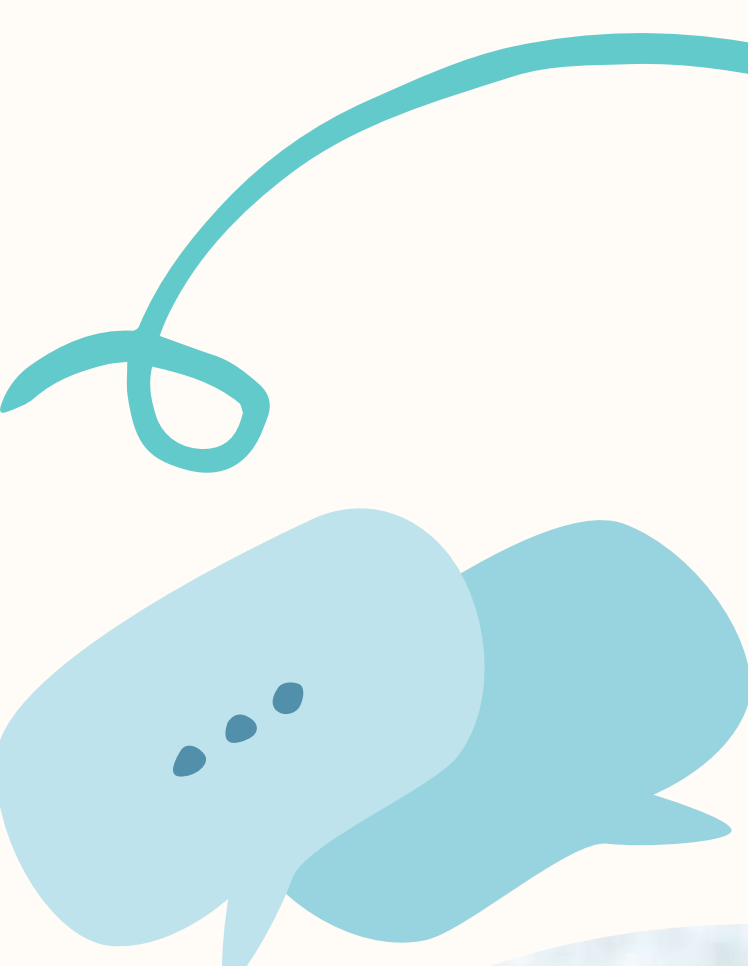
You can use cyberbullying to bully and intentionally harm me or others you don't know. Without knowing me, you can make me feel scared, worried and sad by sending or sharing emails, hurtful images, videos, starting bad rumors and conversations or online. I'm not what you see on the screen I'm just an illusion to you






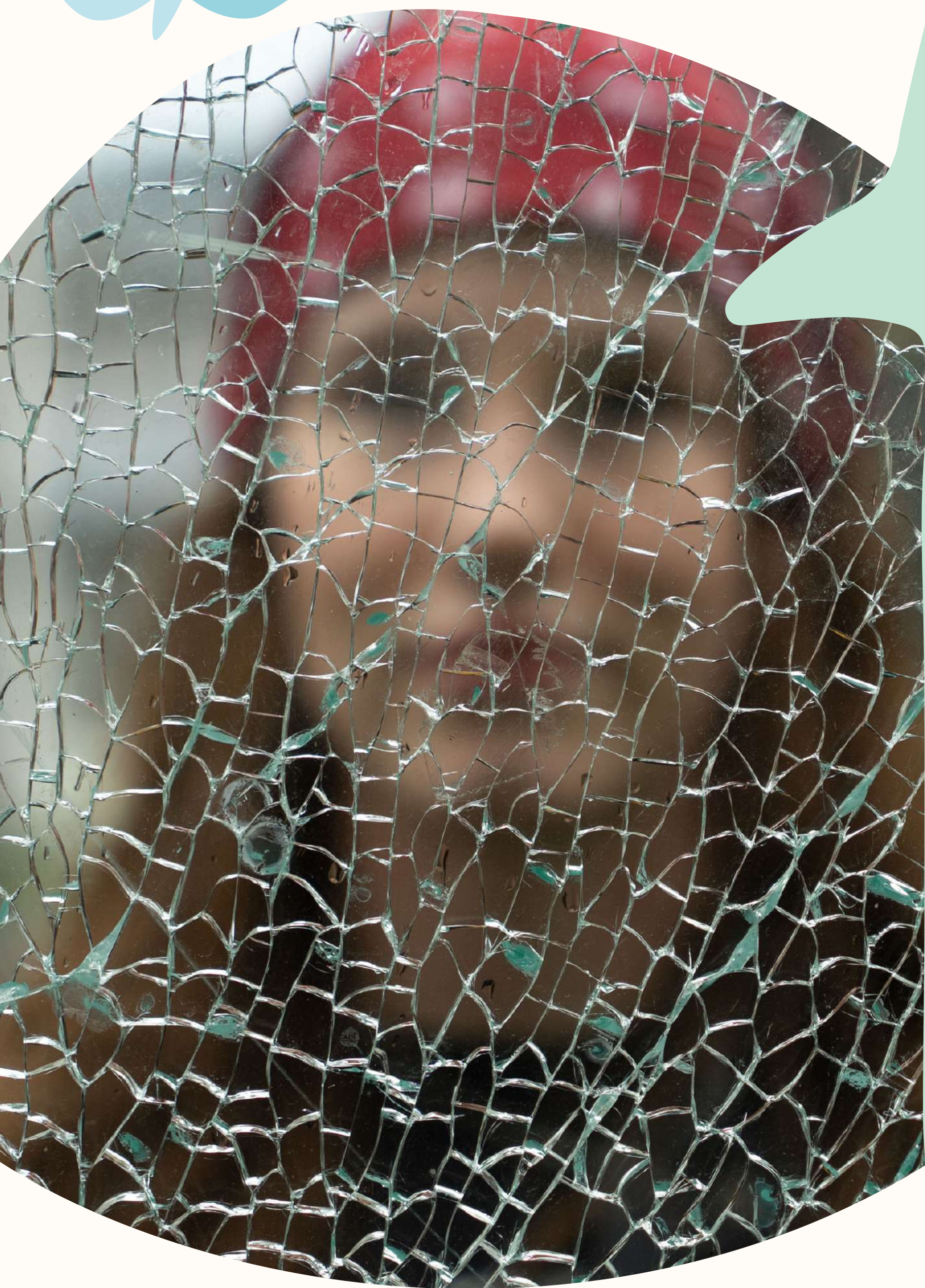
Sticks and stones may break my bones, but your words can hurt and wound me terribly. This bullying may have a negative impact on me and can be very hurtful, and it's also that you, the cyberbully behind keyboards, have deep self-esteem issues of your own. I know you're a poor and weak person even though you look strong behind the keyboard.






I think cyberbullying is a problem that we need to change. Now this cyberbullying is deeply rooted in society, especially in the "Z" generation. Because we grew up with the Internet. The Internet has become our domain. We helped build it and now is the time to act. And we need to understand that we need to use it not as a tool to spread hatred, but as a tool to connect people





You can be on both ends of the spectrum and say bad things. You can be a bully on the Internet and it makes me so sad. It's very easy for you to type something on the keyboard or say something rude. Many of us have become desensitized to it, but it makes a huge impact and people can remember it. Now I've dealt with it and I'm fine with it but it still hurts and it hurts a lot more then.



A small, stylized illustration of a laptop with a pink screen and a purple keyboard, located in the top right corner of the page.


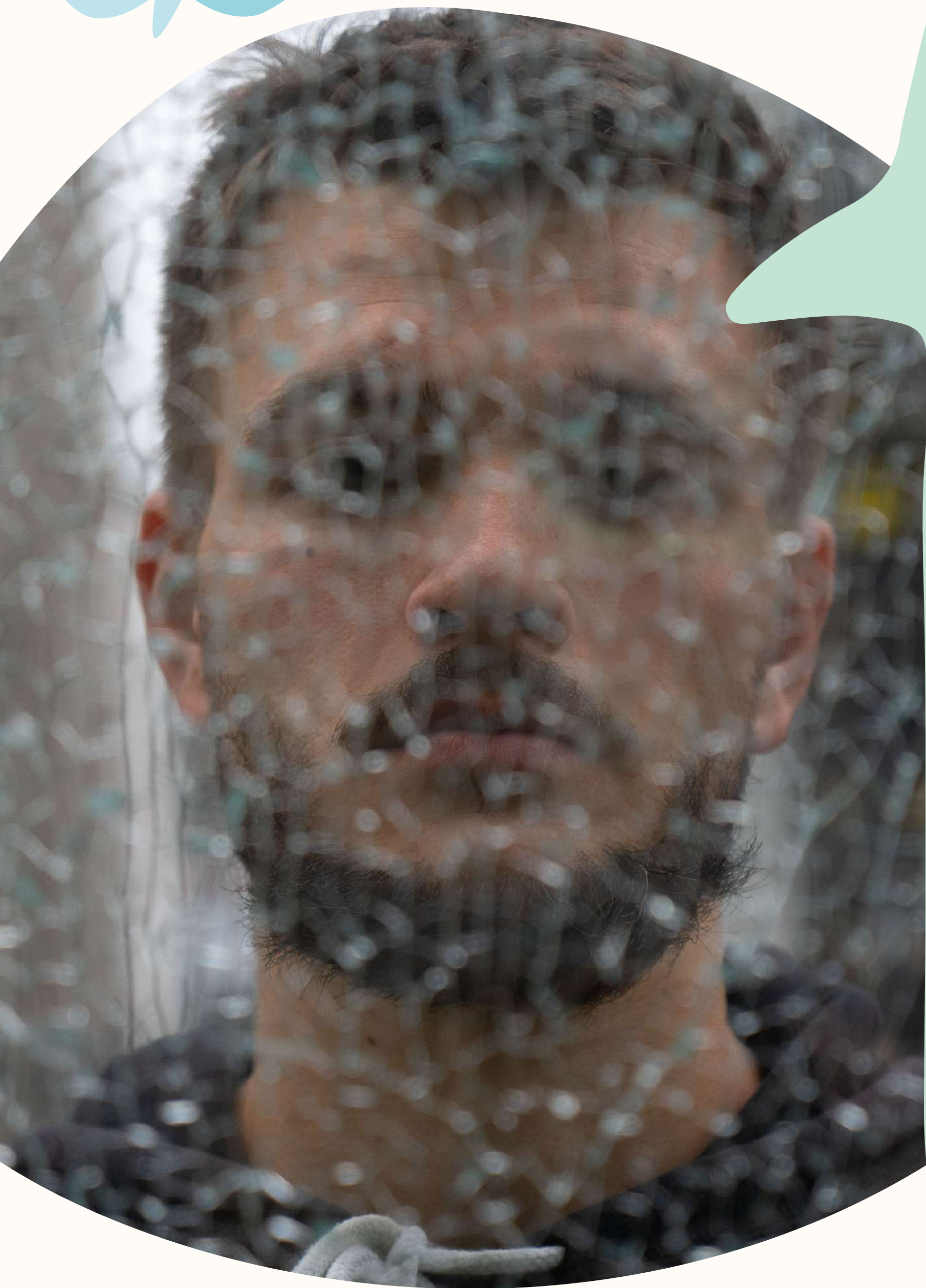
It's much easier to insult someone via text or Facebook because you don't see that resentment and fear on their face. If we are bullying someone in class, we see how upset or distressed they are, whereas when we are cyberbullying, we lose this information. We have a lot of power when you are online. I see many young people abusing this power and using it only to harm others.





Most of YOU are
Looking me through
the screen and
judging me and the
images you look at
but that is not ME
you ve seen on the
screen and YOU
DON'T KNOW ME





The words are
fragile and they
have the power to
destroy or
appreciate and
when every screen
turns off they show
us. Do not forget !
The one you are
watching is YOU ! It
is not ME !

