

## Schedule of Anti-Bullying Awareness Campaign Week

13-17 May 2018

Time: 11am - 2pm

Venue: UB 1, (BRACU Auditorium)

Mohakhali Campus

BRAC University

Day 1: 13.05.18 (Sunday)

Name of the Program: Verbal and Non-Verbal Bullying

Day 2: 14.05.18 (Monday)

Name of the Program: Cyber Bullying

Day 3: 15.05.18 (Tuesday)

Name of the Program: Physical and Sexual Bullying

Day 4: 16.05.18 (Wednesday)

Name of the Program: Social Bullying (Prejudice or Racism)

Day 5: 17.05.18 (Thursday)

Name of the Program: Psychological and Emotional Bullying

Organized by



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## ANTI-BULLYING AWARENESS CAMPAIGN WEEK

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MOHAKHALI CAMPUS

BRAC UNIVERSITY



**“RESPECTING EACH OTHER  
FOR WHO WE ARE”**

## **What is Bullying Behavior?**

Bullying is a repetitive behavior which is intended to hurt someone either emotionally or physically, and is often aimed at certain people because of their race, religion, gender or sexual orientation or any other aspect such as appearance or disability.

It will be bullying if:

- The person is being hurt, harmed or humiliated with words or behavior.
- The behavior is repeated, though it can be a single incident.
- It is being done intentionally.
- The person being hurt has a hard time defending themselves from the behavior.
- The student(s) who are doing it have more power.

Bullying is different from the typical disagreements or conflict that occurs between friends or classmates.

### **Day 1: Verbal and Non-Verbal Bullying**

Verbal bullying is one of the most common forms of bullying because it is quick, direct, and easy to do and can include teasing, name calling making derogatory remarks about appearance, taunting someone, making threats intimidation, rumors, gossip and using insults as a way of humiliating the other person.

### **Day 2: Cyber Bullying**

This form of bullying is the newest way to bully. It takes place in online via social networking sites, messaging apps, gaming sites and chat rooms. This can be sending mean text messages, posting videos, stories, or photos that ridicule someone, spreading fake rumors from fake profiles, negative comments intended to cause distress, sharing personal information without permission, stalking and harassment through social networking sites.

### **Day 3: Physical and Sexual Bullying**

Physical bullying is when someone physically hurts another person. This can be through pushing, kicking, hitting, scratching, inappropriate touching, breaking objects, taking or damaging another's possessions and any other form of physical violence.

Sexual bullying can be extremely distressing and someone may feel silenced to report this because they feel violated and degraded. Example of this can include demean someone about their gender or sexuality, sexualized name calling and using insults about sexuality or supposed promiscuity, unwelcome physical contact, sharing of intimate images, texts and videos, inappropriate sexual remarks and in its most extreme form, sexual assault or rape.

### **Day 4: Social Bullying (Prejudice or Racism)**

This form of bullying is also called relational bullying. This can include excluding someone out on purpose, encouraging others not to be friends with them, spreading rumors and gossip, humiliating someone in front of others, making someone the butt of their jokes constantly.

### **Day 5: Psychological and Emotional Bullying**

This type of bullying is calculated and often done by a group. It hurts people on the inside and makes them feel bad about themselves. Examples include leaving someone out on purpose, telling lies to hurt another person's reputation, and humiliating somebody publicly.

**ANTI-BULLYING**  
**AWARNESS CAMPAIGN WEEK**