



Just having fun or becoming a bully?

More than 8 bullying cases are reported *every day* in Malaysian schools. Now imagine how many more cases there are that aren't reported!

But how exactly do you define bullying? A lot of people think it always involves physical violence, but it doesn't.

Check this out;

1. When one person is singled out and never invited to join in with the group or sit at the lunch table - that's social exclusion and it's bullying.
2. When we write mean things online or spread nasty photos of someone without their permission, that's bullying too. Whether it's online or in real life, cruel words hurt and can be hard to forget.
3. When older kids force the younger ones to go through humiliating "initiation" rituals and innocently call it ragging, even if it feels like part of the culture, guess what? It's bullying and you don't have to keep quiet or put up with it.

If you've ever wondered why students who are being bullied don't just fight back, the answer is, they often can't. Bullies usually have more power than the person they pick on - they're older or stronger or have more friends. So the victim need someone to stand up for them.

If you're going through any of these situations, don't let anyone tell you that it's not important - that includes your teachers and parents. You shouldn't have to struggle through something like this. Check out the next video for some solutions.

**#STAND
TOGETHER**