

# 5TH MEETING “SOCIAL INCLUSION AND AUTONOMY”

## LECTURE 3:

### Fighting Against Stigma and Bullying

Co-funded by the  
Erasmus+ Programme  
of the European Union





- ***FOR FAMILIES***

***.WHAT IS BULLYING ?***

***.WHAT IS STIGMA ?***

***.HOW TO PREVENT THEM***

***.Q&A***

***outline***

# ***EXPECTED LEARNING OUTCOMES***

- **Understanding what bullying is**
- **Understanding what stigma is**
- **Acquiring strategies for preventing bullying and stigma**



# ***1. WHAT IS BULLYING?***

Bullying is an ongoing and deliberate misuse of power in relationships through repeated verbal, physical and/or social behaviour that intends to cause physical, social and/or psychological harm. It can involve an individual or a group misusing their power, or perceived power, over one or more persons who feel unable to stop it from happening.



# 1. WHAT IS BULLYING?

**The elements that characterize bullying are :**

**Acts of direct and/or indirect prevarication;**

**Repetition of conduct over time;**

**Repeated involvement in the action of the same subjects, one/s in a dominant position, the other/s in the role of victim/s;**

**Behaviours that often occur in the presence of other subjects/companions, spectators or accomplices, who may take on a reinforcing or legitimizing role.**



**Victim**



The intended victim is a «different person».

Individuals at increased risk for bullying have a disability or special educational needs, or express different sexual proclivities, or are part of an ethnic, cultural, or religious minority, or come from underprivileged socioeconomic backgrounds.



## ***2. WHAT IS STIGMA***



**Bullying  
and  
Disability**



Disability and the lack of knowledge of the dynamics that revolve around it, are often the main cause of serious social isolation and marginalization phenomena.

Stigma is a barrier that not only alienates those who suffer, but also reduces their ability to seek help and support.



## ***2. WHAT IS STIGMA***

**Stigma  
and  
disability**



Stigma involves negative attitudes or discrimination against someone based on a distinguishing characteristic such as a mental illness, health condition, or disability. Social stigmas can also be related to other characteristics including gender, sexuality, race, religion, and culture.





## 2. WHAT IS STIGMA?

**Stigma  
and  
disability**



In many countries, people with disabilities are stigmatized. The stigma they experience is often the result of false assumptions, for example that people with disabilities are unable to learn or that their impairment is 'catching'.

Minors with disabilities are at greater risk of victimization in schools because they are more prone to isolation and social exclusion, due in part to obstacles and barriers of various kinds that can hinder true inclusion.



### ***3. HOW TO PREVENT BULLYING***

**1. Promotion of a cultural, social and emotional climate able to discourage prevarication and bullying behaviors at birth**

**2. Promote awareness regarding the need to increase attitudes about not tolerating bullying**



**3. Promote diversity awareness and education actions**

**4. Participate in educational meetings to support parenting organized by professionals**

PREVENTION  
*is key* 



**5. Teaching the child/youth to ask for help in difficult contexts and critical situations**

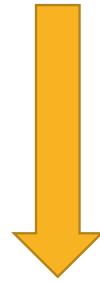


**6. Turn to professionals and be of support in difficult situations in order to cope with critical situations**



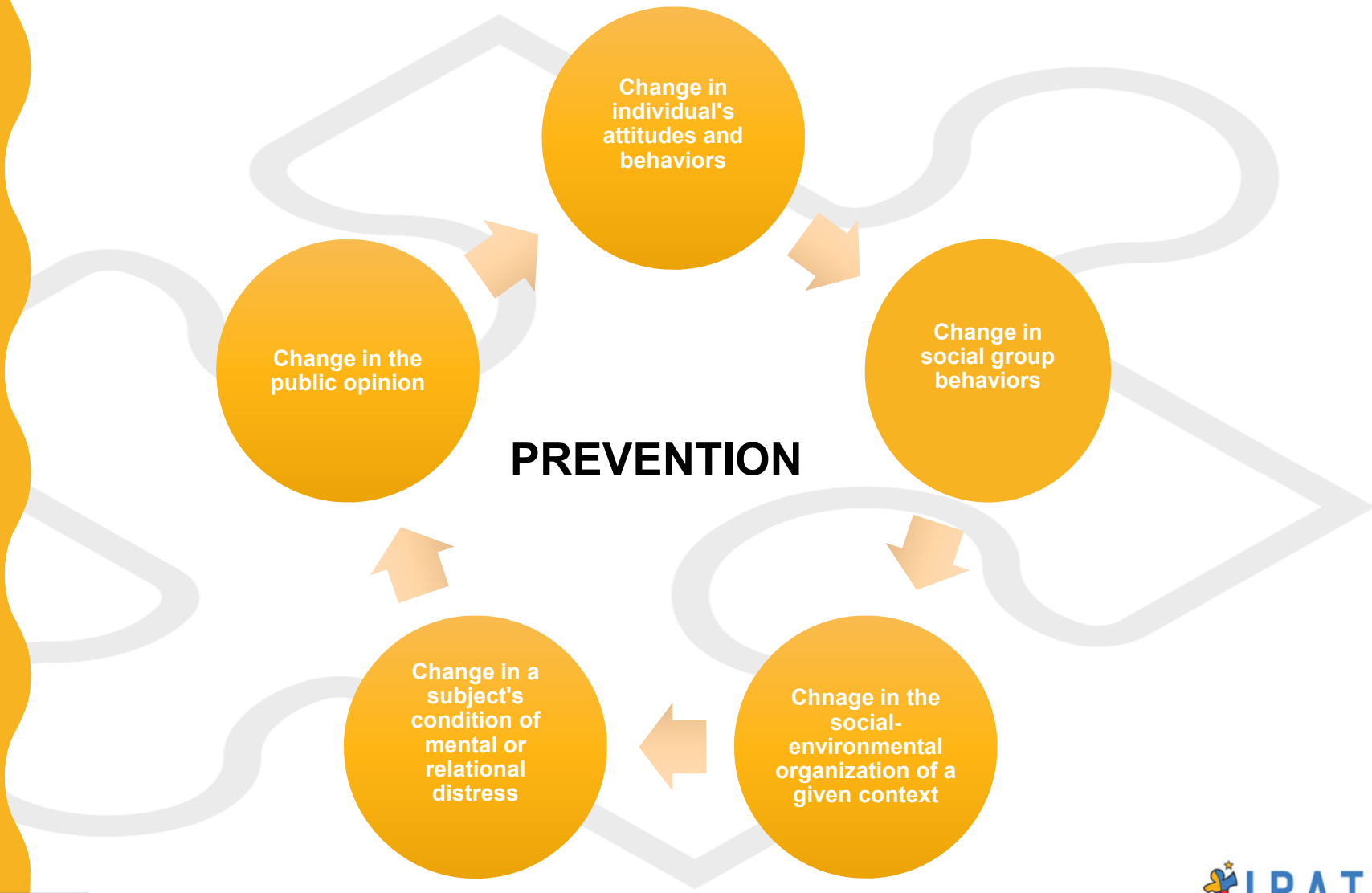
# ***3. HOW TO PREVENT BULLYING***

**Prevention = Promote change**



The concept of prevention is closely intertwined with the concept of change.







# *Questions*

# ***BIBLIOGRAPHY***

Di Santo R. (2013), *Sociologia della disabilità. Teorie, modelli, attori e istituzioni*. Milano: Franco Angeli

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Regoliosi L.,(1992), *La prevenzione possibile*, Guerini, Studio, Milano





# ***WEB***

- [http://www.anffas.net/dld/files/Bullismo-e-disabilita\\_Merlo-e-Carnovali-Ledha.pdf](http://www.anffas.net/dld/files/Bullismo-e-disabilita_Merlo-e-Carnovali-Ledha.pdf)



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# THANK YOU!

