What is bullying?

Bullying is a complex problem, which has a huge impact on human talent. For this, we are aware of its existence and we must together commit to perform as many actions are necessary in order to fight it in all its categories.

Bullying is any willful and consistent abuse, whether physical, verbal or psychological, including the use of technologies, between members of a group, without exception, directed to a person/people with less power, by another person/people with increased power.

It is not "a phase" that our young people go through, is not something where the victims "should be strong and learn to cope." All type of bullying is against of what is established in the Law and Scout Promise and contributes to the construction of low self-esteem, false self-image, desist to Scouting and its activities.

Types of bullying:

- Verbal - name calling, yells, taunts.
- Social - rumors, group exlusion, manipulate friendships to isolate the person.
- Physical - hitting, pushing and any aggressive physical contact.
- Group - when carried out by more than one person (both those who attack, those who observe and those who do not stop the attacks).
- Psychological - robbery, theft of belongings, bribes.
- Cybernetic - use of technology (cell phones, computers, etc.) through messages and social networks, this represents a "shield" for any aggressor.

Victims of bullying may show among other efects:

- Prone to depression and anxiety with possible sequels until adulthood.
- Loss of interest in activities involving interaction with others (school, scouting, etc).
- Change in eating, sleep and health habits.
- Feelings of loneliness and sadness, which can lead to suicidal thoughts.

Some signs that someone is a victim of bullying:

- Little or no participation in activities (self-isolation).
- Loss of personal belongings.
- Constant complaint of health issues.
- Nervous or fearful behavior.
- Irritability without reason.
- Presents marks, cuts or blows in the body.
- Difficulty interacting or live with the rest of the group.