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"I'm OK You are OK" Our work together

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class IIB

San Benigno Canavese
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The decorative images are from Adobe Stock.

Images on page 28 are from [Weapon of choice - Photographs by di Rich Johnson](#).

The other photographs are the ones we took during the activities.

Welcome

Our dictionary

Wrong words

Questionnaire

Suggested activities

Behind the scenes

We have decided to avoid - wherever possible - the word 'bully'.

Why: because bullying can be overcome and we do not want to label anyone. We therefore say 'person who bullies or bully'.

We decided to look for a different way to say 'victim'.

Why: again we want to avoid labelling. A person who is bullied by others is a person who is bullied, at some point in his or her life, in a specific context, but is not just a victim. We will therefore say 'person who is bullied'.

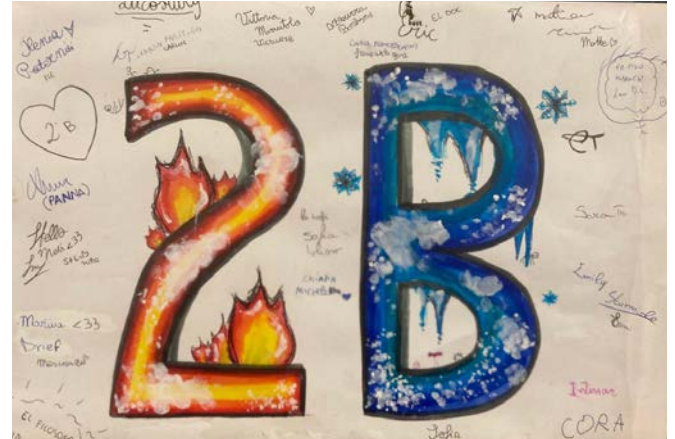
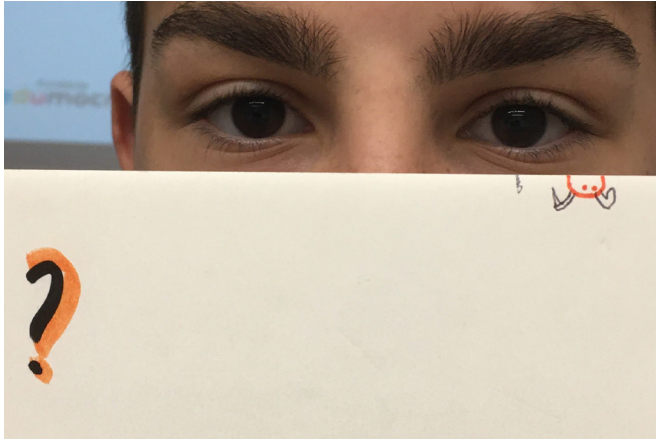


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We dedicate this work to Cosetta Borelli, our head teacher, and to all those who participated: our teachers and our families.

Thank you



Welcome

"I am OK, you are OK" is an Erasmus+ school project on the topic of bullying and cyberbullying. Our class was selected to participate and we agreed to do so. With this project, together with our teachers and our parents, we did a series of activities to reflect on the problem and to tell you about our experience.

In this book we have collected what we did. We hope it will be useful to you!

Anna, Azzurra, Carlo, Chiara e Chiara, Christian, Cora, Emily, Eric, Ilenia, Intissar, Leonardo e Leonardo, Luca, Matteo, Sara, Stella, Sofia, Vittoria.

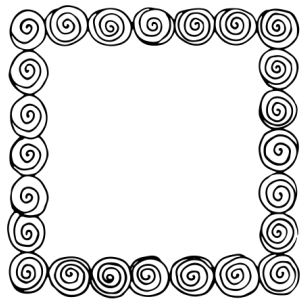


Our dictionary

The first activity we did was on words. To begin with, we collected, using post-it notes, words and phrases that come to mind when someone talks about bullying and that tell our way of seeing the phenomenon. Some of these words and phrases have been written by many of us, others have only been mentioned by a few, but we collected them all and then discussed them, to reflect together on their meaning, also comparing them with the 'official' definitions.



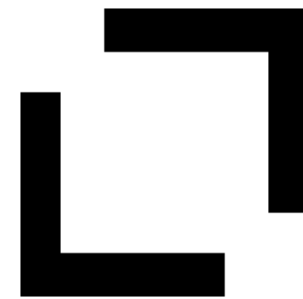
To put words and phrases in order, we chose these symbols, dividing: nouns, verbs, 'official' definitions.



Nouns



Verbs



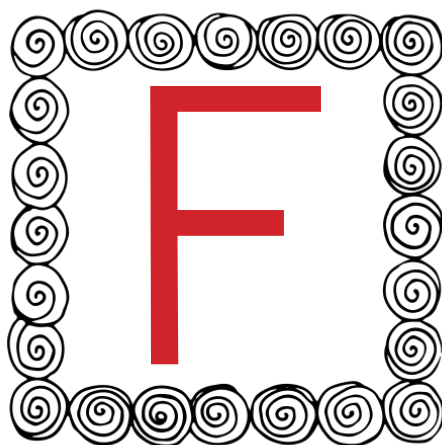
Official definitions

Deal with
Friendship
Sel-esteem Bullyng
Actions Diversity
Criticism Ignore
Identikit
Frustation
Memories
Target
Words
Discomfort
Bravery
Fight

Our dictionary

The dictionary, in its English translation, is not in alphabetical order due to the difference between Italian and English.

F for Friendship



Friendship helps us overcome bullying. Friendship is good for everyone. Friendship hurts bullying. Bullying hurts friendship.

The Italian word is "Amicizia".





S for Self-esteem

Bullying ruins our self-esteem. Bullying can also be overcome by improving our self-esteem.

The Italian word is "Autostima".



A for Actions

Bullying is done in many ways.

Examples:

- stealing snacks,
- insulting,
- criticising,
- offending,
- excluding someone within the class.

The Italian word is "Azioni".

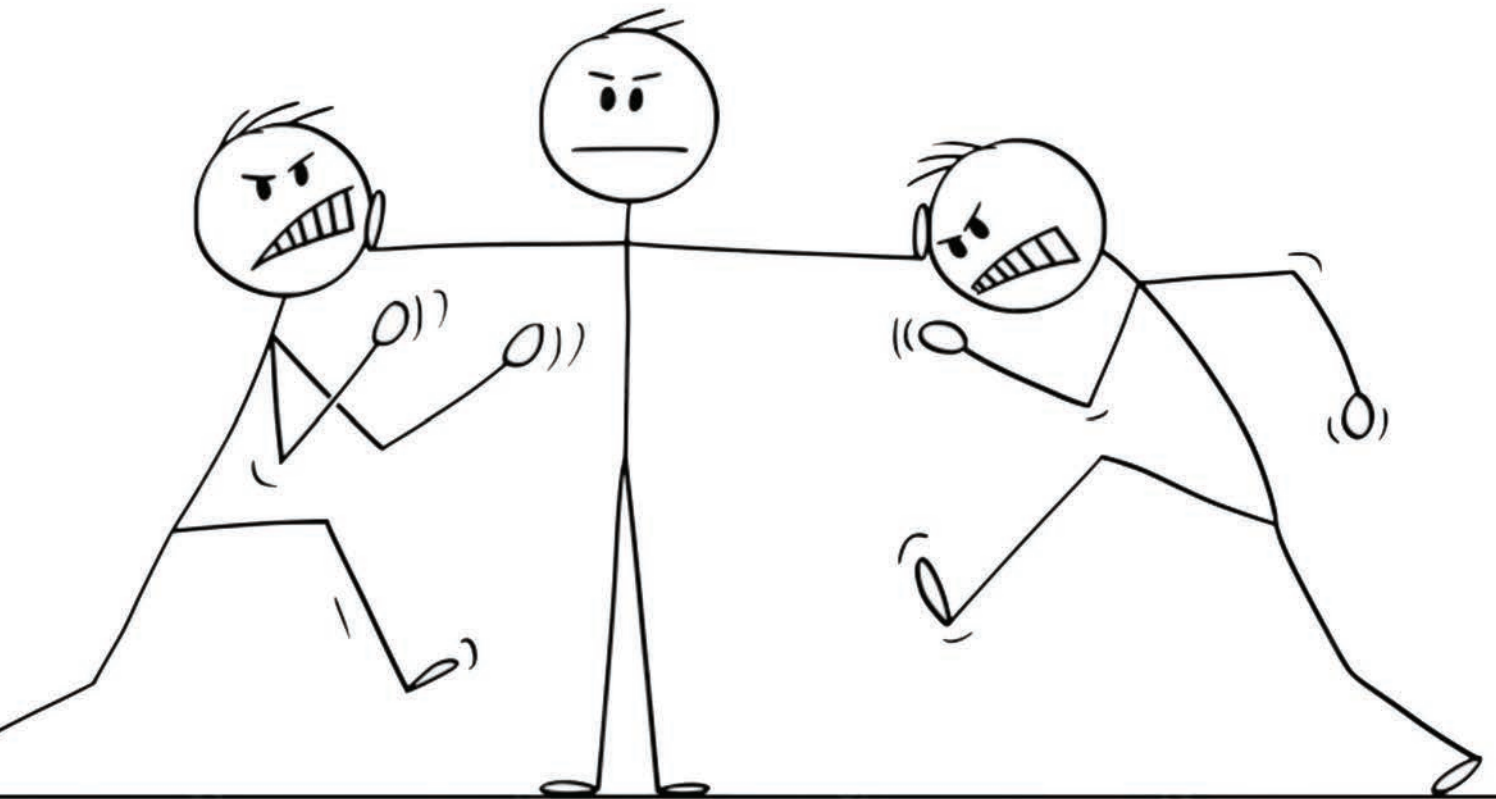
Our dictionary

[D]

D for Deal with

Bullying is a problem, not a condition. To solve it you have to deal with it.

The Italian word is "Affrontare".



[F]

F for Fight

Fighting may get us into trouble, but it is not bullying. Let us remember the key words of bullying: **intentionality, repetition, imbalance of forces.**

The Italian expression is "Fare a botte".



B for Bullying

People who annoy other people intentionally.

People who target someone intentionally.

Bullying is an expression of discomfort on the part of the person doing it.

Bullying is NOT simply fighting with someone.

The Italian word is "Bullismo".



B for Bullying

Bullying can be described according to general characteristics that include:

- Intentionality: the intention to offend, harm or hurt another person is conscious.
- Duration: acts of bullying are repeated over time.
- Imbalance of power: there is an inequality of strength and power: one of the two (alone or in a group) always prevails and the other always suffers, without being able to defend themselves and experiencing a strong sense of powerlessness.
- Lack of support: victims feel isolated and exposed, are often very afraid to report bullying incidents because they fear reprisals and revenge or because they do not have, or believe they do not have, reference figures they can rely on.

Source (Italian): [ISS Istituto Superiore di Sanità](#)

Bullying can be defined as intentional, aggressive behaviour that occurs repeatedly against one or more victims with whom there is a real or perceived imbalance of power. Usually, victims feel totally vulnerable and unable to defend themselves independently. Aggression can be physical against persons or property, or verbal, either direct or indirect: forms of direct verbal aggression include insults and threats, indirect forms include spreading rumours aimed at damaging the reputation of others and exclusion from a group. Bullying usually occurs without provocation and is a form of peer violence, a dynamic where bullies often act out of frustration, anger or to achieve a dominant social status.

Source (Italian): [Unicef](#)



B for Bravery

To overcome bullying you have to be brave.

The Italian word is "Coraggio".



C for Criticism

Criticism is a good thing, but it must be done with the right words and it must be constructive, it must help us to improve.

The Italian word is "Critica".



D for Diversity

Bullying targets our diversity. But each of us is unique and different and it is a good thing to be different.

The Italian word is "Diversità".

D for Discomfort

Bullying creates discomfort and is an expression of discomfort. Often those who bully have problems.

Examples:

- they are not happy,
- they do not live in a serene family environment,
- they have low self-esteem.

The Italian word is "Disagio".



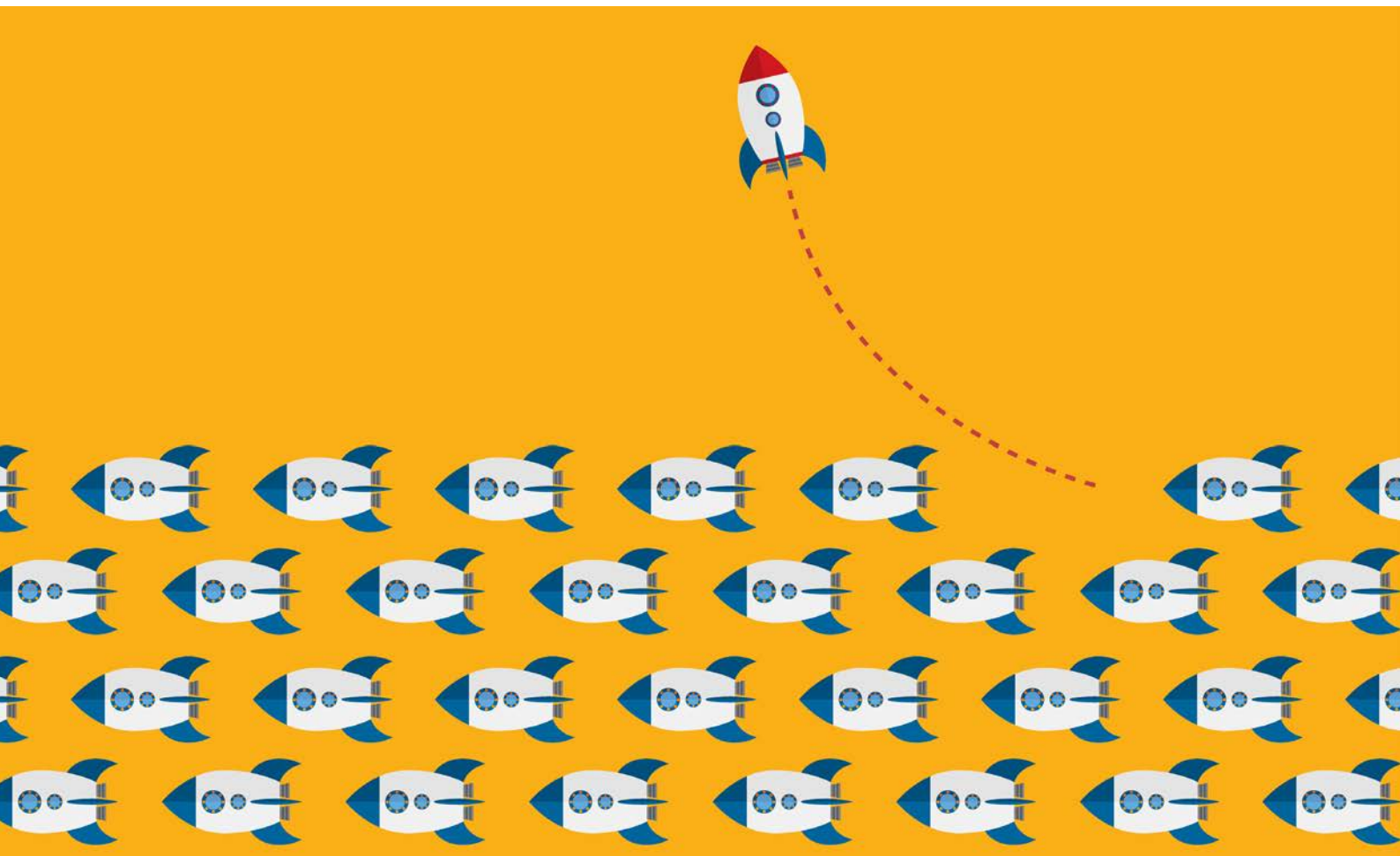
Bullying often targets those who differ in some way from others (come from another country, have another religion, wear braces, are shorter than average, are taller than average...).

D for Diversity



"Who decides who is normal? Normality is an invention of the unimaginative."

Alda Merini





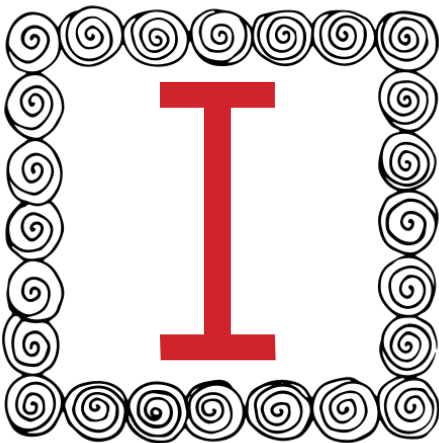
F for Frustration

Bullying causes frustration - when we feel hurt in our feelings and the way we are - but it is also often an expression of the bully's feeling of frustration.

The Italian word is "Frustrazione".

"Frustration is a debt of violence that will sooner or later be expressed against someone or something."

Vittorino Andreoli*



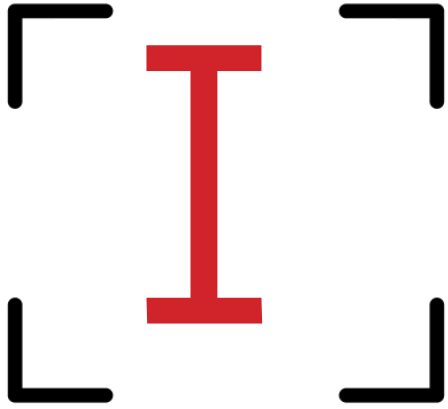
I for Identikit

Bullying is usually not just a matter between two people. The leading actors are often many more:

- the bully,
- the target of bullying,
- the mastermind,
- the "arm",
- the group,
- the friends...

The word is taken from English.

*Psychiatrist and writer, he is a member of the New York Academy of Sciences and director of the Psychiatry Department of Verona - Soave. For many years he presides over the Session on Psychopathology of Expression of the World Psychiatric Association, of which he is currently Honorary Chairman. He has written on the relationship between psychopathology and brain plasticity, and has edited some Maria Montessori anthologies for the Garzanti publishing house.



I for Ignore

Those who are targets of bullying often try to ignore; those who know about bullying often look on and say nothing, but ignoring is NOT the right way.

The Italian word is "Ignorare".



Bullying is often difficult to detect, at least at an early stage, because up to 50% of victims do not talk about it with their parents and up to 60% never talk about it, or rarely do so with teachers for fear of possible repercussions or out of shame.

Source (Italian): [Ministero della Salute](#)

I for Ignore



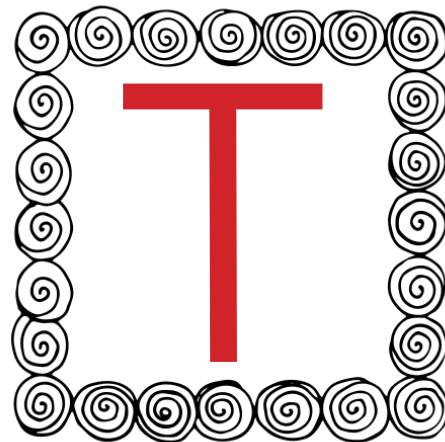


M for Memory

Bullying leaves memories that we often cannot erase, but from the experience we can also learn and overcome bad memories and become stronger.

Let's cultivate memories of the good things: the things we can do, our successes. They will help us to have more self-esteem.

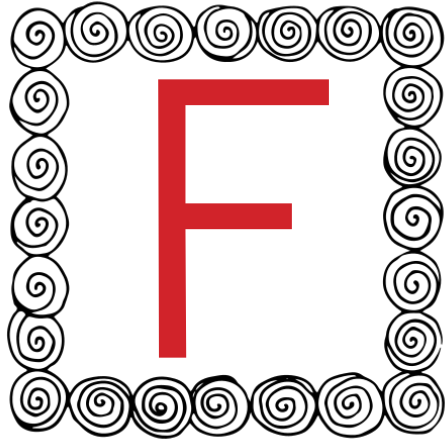
The Italian word is "Memoria".



T for Target

Bullying targets someone to hurt, intentionally and repeatedly.

The Italian word is "Obiettivo".



F for Fear

The fear of telling and seeking a solution often leads to silence. One is often afraid of being targeted even more.

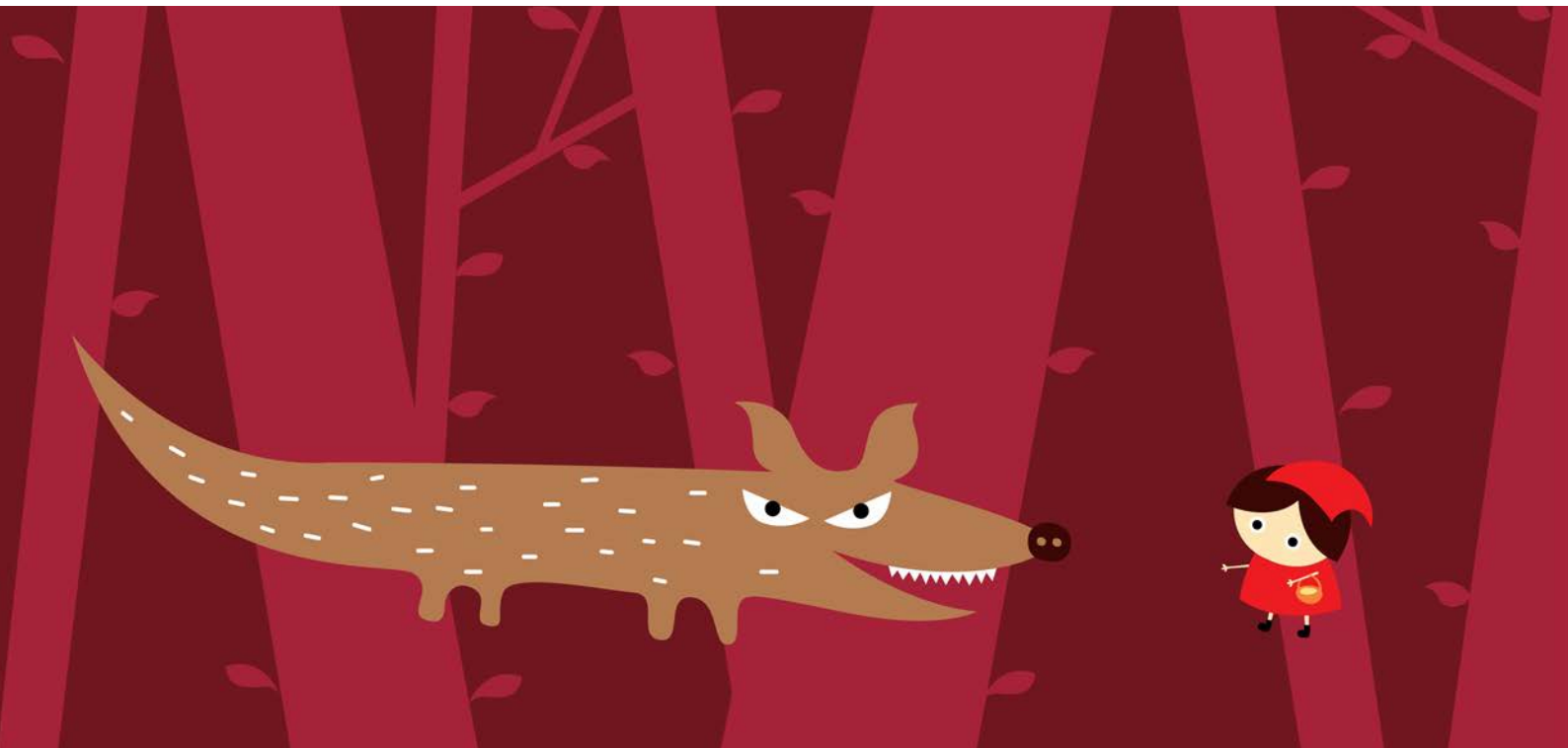
The Italian word is "Paura".



W for Words

Sometimes it is difficult to express our feelings in words, but telling our experience, sharing it with teachers, parents, friends is the most effective way to find the right solution.

The Italian word is "Parole".





S for Sensitivity

Bullying hurts our sensitivities and generates discomfort in us that can lead us to no longer want to come to school.

The Italian word is "Sensibilità".

S for Solitude

Bullying makes us feel alone, but we must always remember that we are not alone. There are people who can help us.

The Italian word is "Solitudine".

"I have a very good relationship with both my parents and fortunately I can say everything I need to without worrying too much about how they will react."

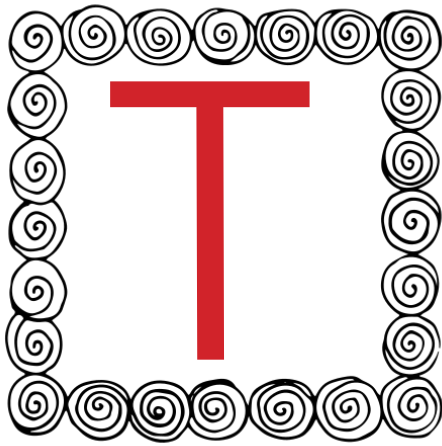
From the answers to the questionnaire



J for Joke

Bullying is NOT a joke. Joking makes everyone smile; bullying does not!

The Italian word is "Scherzo".



T for Testimonials

Testimonials are important to share and understand that bullying can be overcome. We share the testimony of David Fabbri who was stronger than bullying.

The word is taken from English.



S for Sadness

Bullying breeds a feeling of sadness.

The Italian word is "Tristezza".



Video (Italian) on [YouTube UNICEF Italia](#).



R for Rage

Bullying generates a feeling of anger in the person being bullied and is often an expression of the bully's anger.

The Italian word is "Rabbia".



R for Ruining

Bullying 'ruins' friendships, our adolescence, our happiness. Bullying hurts those who do it and those who suffer it.

The Italian verb is "Rovinare".

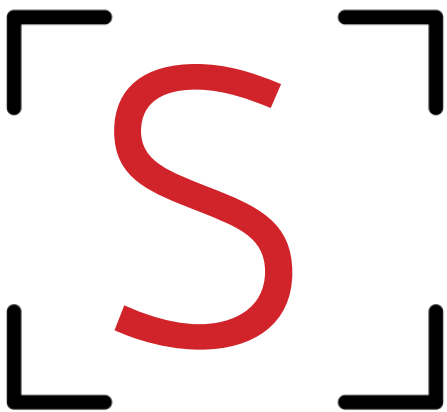




H for Humiliation

Bullying is humiliating, for those who do it, and can generate a sense of humiliation in those who are its targets.

The Italian word is "Umiliazione".



S for Shout

Bullying shouts the words.

The Italian verb is "Urlare".



V for Violence

Bullying is a form of violence.

The Italian word is "Violenza".

V for Victim

Bullying makes victims. Those who bully often do not know that they are victims, those who are bullied often feel victimised. Let us try to avoid this word by getting out of the bully/victim mechanism.

The Italian word is "Vittima".



Actions

- Attacking
- Insulting
- Ruining
- Humiliating
- Screaming

BULLYING

Re-actions

- Reflecting
- Understanding
- Sharing
- Talking
- Solving
- Joining energies

People

- Who bullies
- Who is the target of bullying
- The mind
- The arm
- The group
- Friends
- Adults
- Parents
- Teachers

Words from the same family

- Antibullying
- Cyberbullying



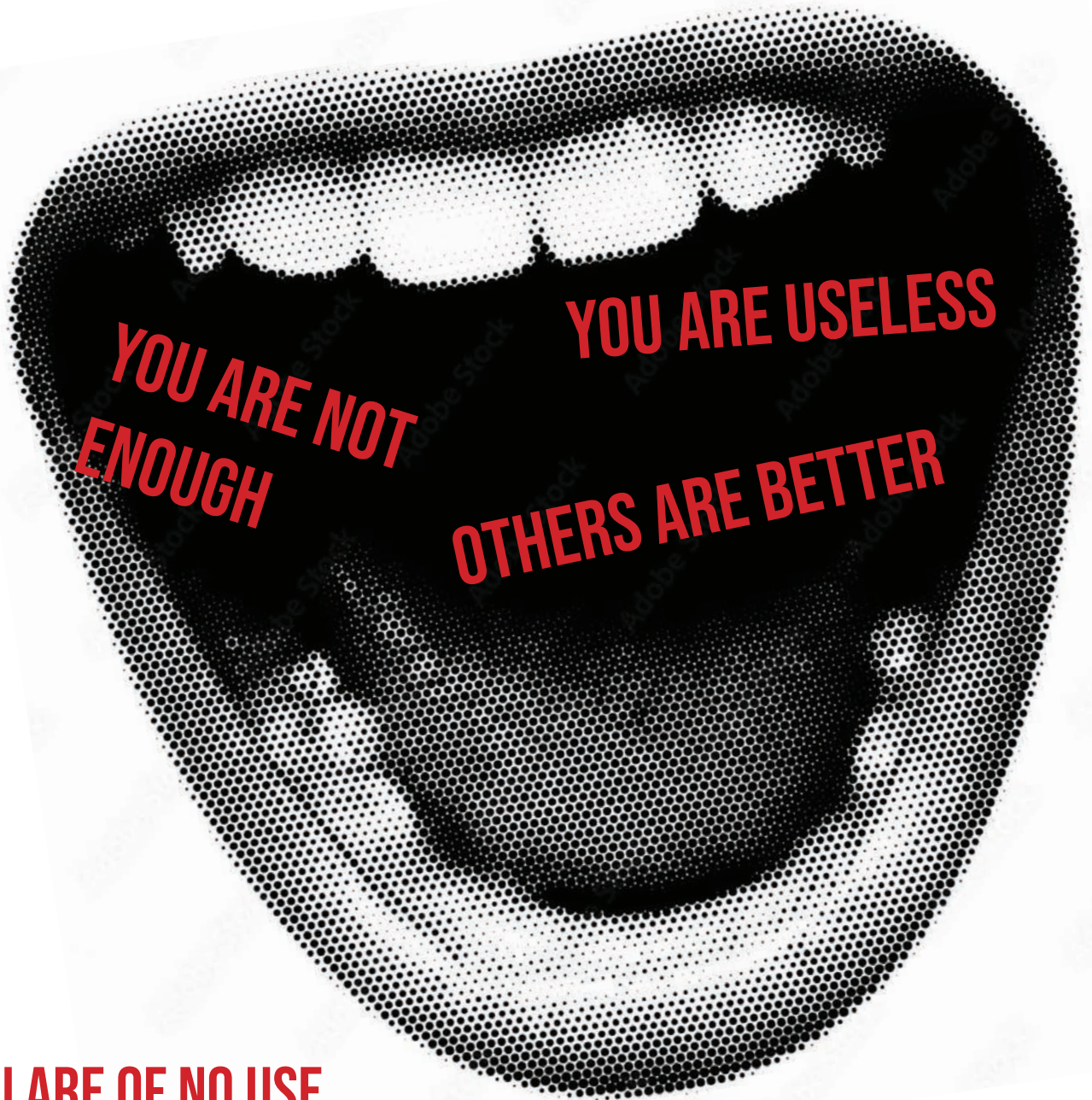
WRONG WORDS

We collected in class some phrases and words that we have heard and would never want to hear, words that hurt and often do not work. We also reflected on the possibility of saying things differently and understanding what 'non-violent communication' is. Not all the phrases we collected have an alternative, but some do.

It is by no means easy, but it is important to try!

YOU DON'T DO ENOUGH
CAN'T YOU BE LIKE OTHERS?
I'M DISAPPOINTED BY YOU
LEAVE ME ALONE, I'M WORKING
YOU DON'T LISTEN TO ME WHEN I TALK
YOU'RE A DISAPPOINTMENT
NO ONE WANTS YOU
I NEVER WANTED YOU
YOU'RE UGLY
YOU SUCK
YOU ARE STUPID

**DID YOU GET DRESSED IN THE DARK?
DID YOU LOOK AT YOURSELF IN THE MIRROR?
LOWER THE CREST
YOU'RE BAD
YOU'RE MY SLAVE
YOU'RE A PERSON TO FORGET**



**YOU ARE OF NO USE
YOU WERE BORN BY MISTAKE
YOU ARE WORTH NOTHING**

WRONG WORDS

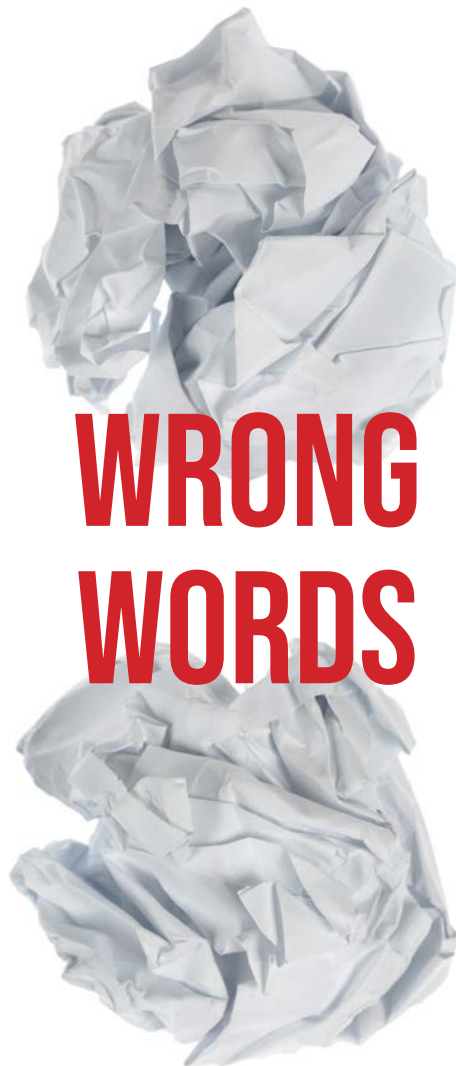
An exhibition that "leaves its mark".



[Weapon of choice - Photographs by Rich Johnson](#)

The Weapon of Choice project provides a graphic representation of the invisible pain caused by verbal abuse. Participants, children and their parents, were invited to choose a "hurt word" that has impacted their life. Makeup artists then painted the word on participants' faces or bodies, integrating the word into simulated wounds — bruises, scratches, and burns.

To reflect on the consequences of the wrong words, we took a sheet of paper, crumpled it up and then unfolded it again. We saw how the sheet never returned to its previous shape, even though we put it under weight for a few days. Our words and actions can leave a mark and the marks can be indelible or difficult to erase.



WRONG WORDS



"I have always been fascinated by the idea that words - loaded with meaning and therefore power - conceal within themselves a power that is different and superior to that of communicating, transmitting messages, telling stories. The idea, that is, that they have the power to produce transformations, that they can be, literally, the tool to change the world."

Gianrico Carofiglio

Gianrico Carofiglio was born in Bari and has worked for many years as a prosecutor specialized in organized crime. He was appointed as advisor of the anti-Mafia committee in the Italian Parliament in 2007 and served as a senator from 2008 to 2013.

Dialogues of everyday life **A FAILED TEST**

1

Parent

I saw the grade book!

Son/daughter

Silence

Parent

Don't you have anything to say?

Son/daughter

Silence

Parent

You got a bad grade again!
You don't study enough!
You don't do enough!
You are not enough!

Son/daughter

That's not true, I studied.

Parent

And don't say it's not true,
at least shut up!

Son/daughter

Silence

Parent

And from tomorrow I will take
everything away from you: play
station, shoes, everything!

Son/daughter

Silence

Parent

Now go to your room, go!

Son/daughter

Yes, I go...

2

Any day on the way
back from school after
a failed test.

Parent

Hi Lucia, I saw the register, how
are you?

Son/daughter

I am disappointed, it was really
bad: I got F again.

Parent

Do you want us to talk about it?

Son/daughter

Now I am hungry..

Parent

You're right: it's two o'clock!

Son/daughter

How about later?

TWO HOURS LATER

Son/daughter

I just don't know how to do it, I
got F because I didn't understand
anything!

Parent

This subject is also a bit difficult
for me, but together we can do it.

Son/daughter

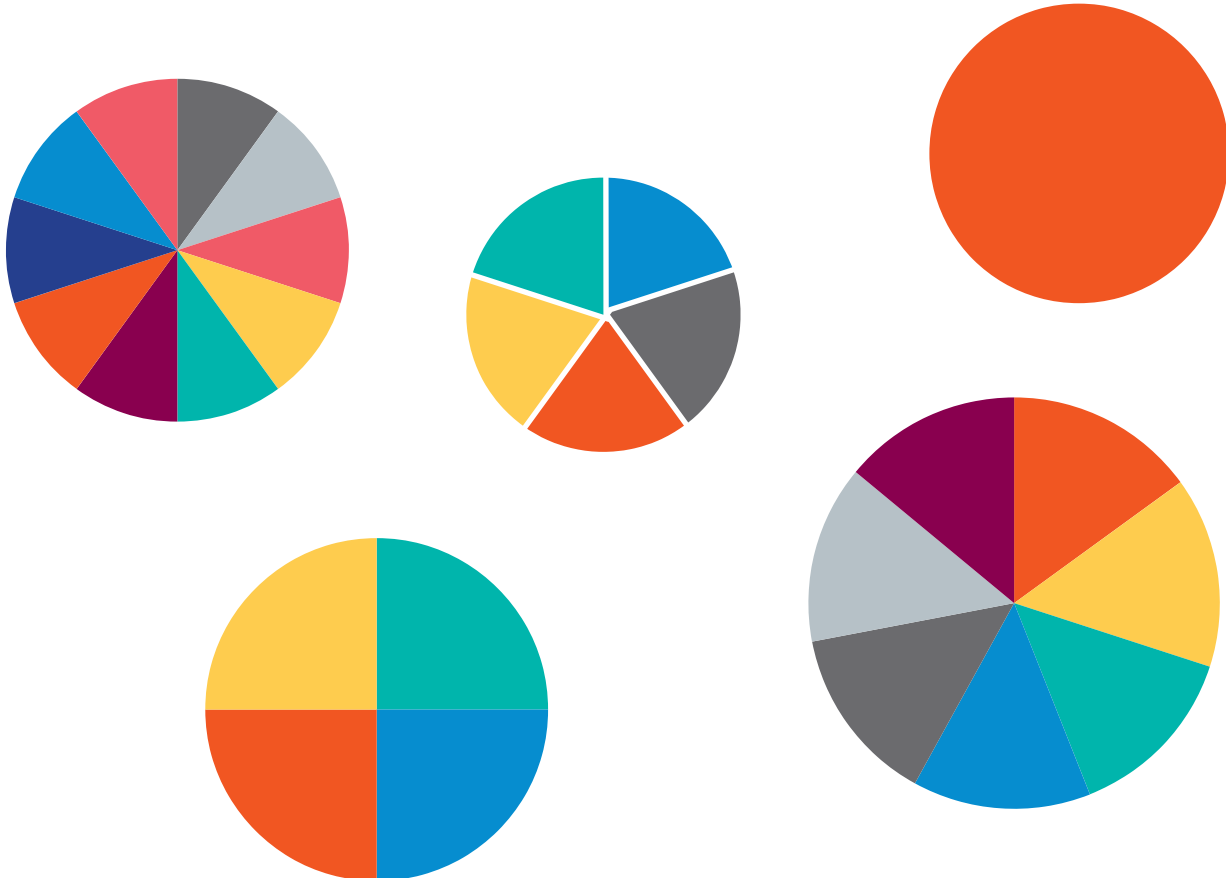
What can we do?

Parent

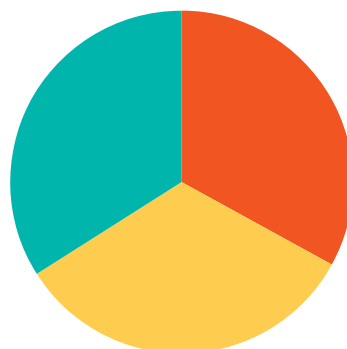
You could practise explaining the
lesson to me and that way I learn
and so do you. What do you think?

Questionnaire

Another activity we did was a survey in our school. We designed, with the help of our teachers, a questionnaire that was sent to all the students in our school. With the maths teacher, we analysed some of the data and did some cross-referencing of data.



To make the questionnaire we also took inspiration by the 2022 [HBSC Research](#) (Health Behaviour in School-aged Children).



This is the questionnaire we prepared with Google Forms.

My age...

- 11
- 12
- 13
- 14
- More than 14

My gender

- Male
- Female
- Other

Bullying is...

(More than one possible answer)

- Fighting with someone
- Repeatedly insulting a classmate
- Excluding a classmate
- Posting embarrassing photos of a classmate on Instagram or TikTok*
- Other

Why some of us bully others? (More than one possible answer)

- They feel strong
- They feel weak
- They have low self-esteem
- They suffer violence from others
- They have problems at home
- They enjoy making others suffer
- Other

If I were bullied...

(More than one possible answer)

- I would talk to a teacher
- I would talk to a parent
- I would talk to a friend
- I would face the bully
- I would pretend that nothing happened
- Other

* Posting unauthorised and potentially offensive photos is a form of cyberbullying. We have included the option to try to understand whether the two phenomena are perceived in their diversity.

Have you been bullied?

- At school
- At home
- In another context
- I have never been bullied

If you want to tell us more, post it here!

.....

Do you think you have been a bully sometimes?

- Yes
- Not

If so, have you tried to imagine what that feels like?

- Yes
- Not

If you want to tell us more, post it here!

.....

Those who bully always know what they are doing.

From 1 to 5 how much do you agree with this statement?
(Not at all agree/fully agree)

If you want to tell us more, post it here!

.....

Those who bully show that they have problems.

From 1 to 5 how much do you agree with this statement?
(Not at all agree/fully agree)

Cyberbullying is... ?

Scale from 1 to 5
(Less severe than bullying/More severe than bullying)

Have you been cyberbullied?

- Yes
- Not

If you want to tell us more, post it here!

.....

My classmates at school are kind and helpful

From 1 to 5 how much do you agree with this statement?
(Not at all agree/fully agree)

If you want to tell us more, post it here!

.....

My schoolmates respect me as I am.

From 1 to 5 how much do you agree with this statement?
(Not at all agree/fully agree)

If you want to tell us more, post it here!

How easy is it for you to talk to your FATHER (or with the person acting on his behalf) about things that really concern you?

- Very easy
- Easy
- Difficult
- Very difficult
- I never talk to him

How easy is it for you to talk to your MOTHER (or with the person acting on her behalf) about things that really concern you?

- Very easy
- Easy
- Difficult
- Very difficult
- I never talk to her

If you want to tell us more, post it here!

My teachers treat me fairly

From 1 to 5 how much do you agree with this statement?
(Not at all agree/fully agree)

In my class I am encouraged to say what I think

From 1 to 5 how much do you agree with this statement?
(Not at all agree/fully agree)

If you want to tell us more, post it here!

LAST QUESTION: from 1 to 10 what is the number you recognise yourself in?

My life is the worst possible life :(
My life is the best possible life :)

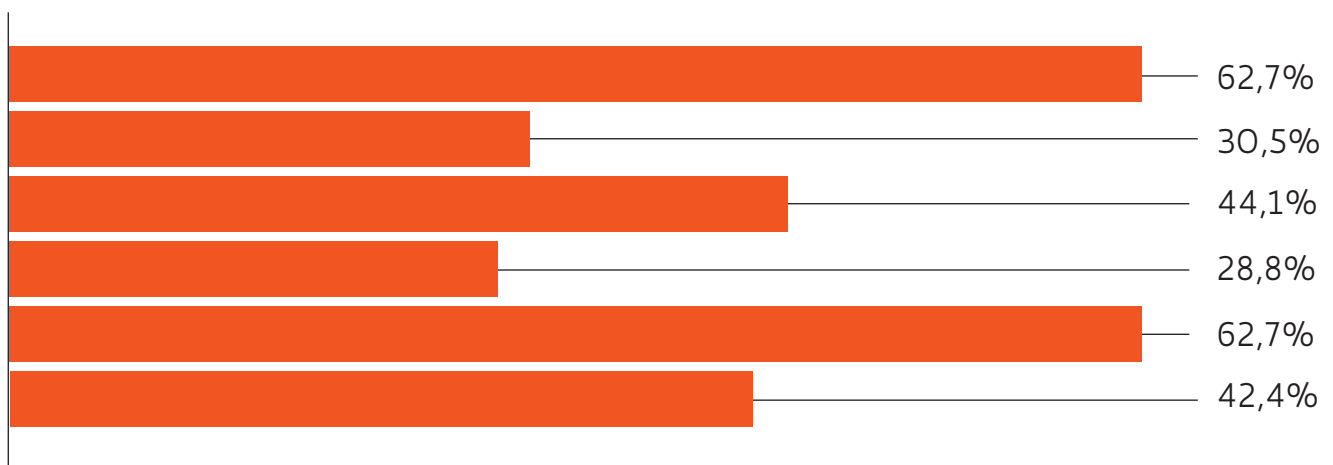
"I would like to see a lot more talk about this topics because I think they are very important and serious."

From the answers to the questionnaire

These are some of the results we collected

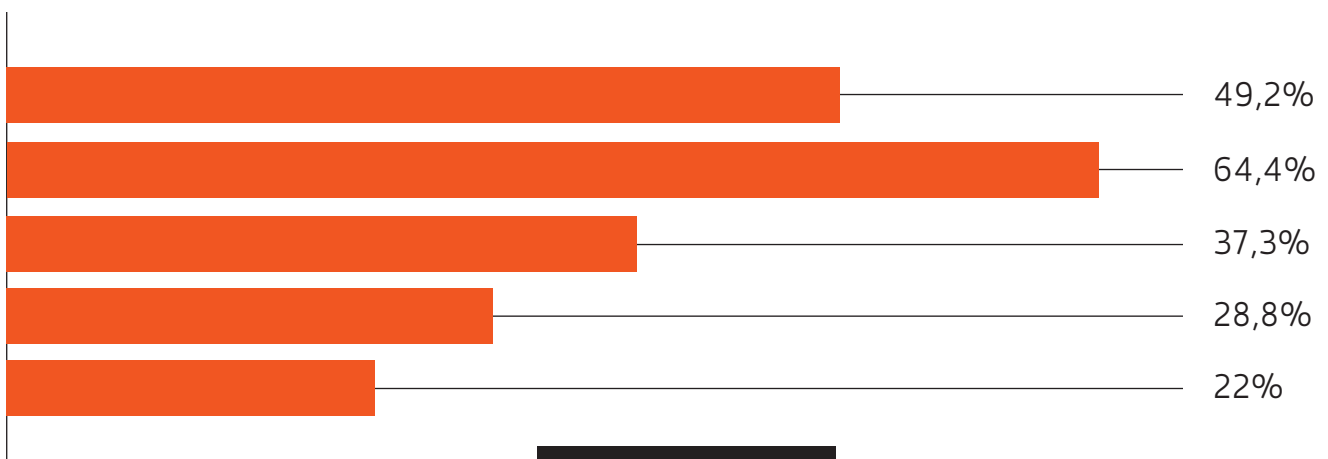
Why do you think some of us bully?

- They feel strong
- They feel weak
- They have low self-esteem
- They suffer violence from others
- They have problems at home
- They enjoy making others suffer

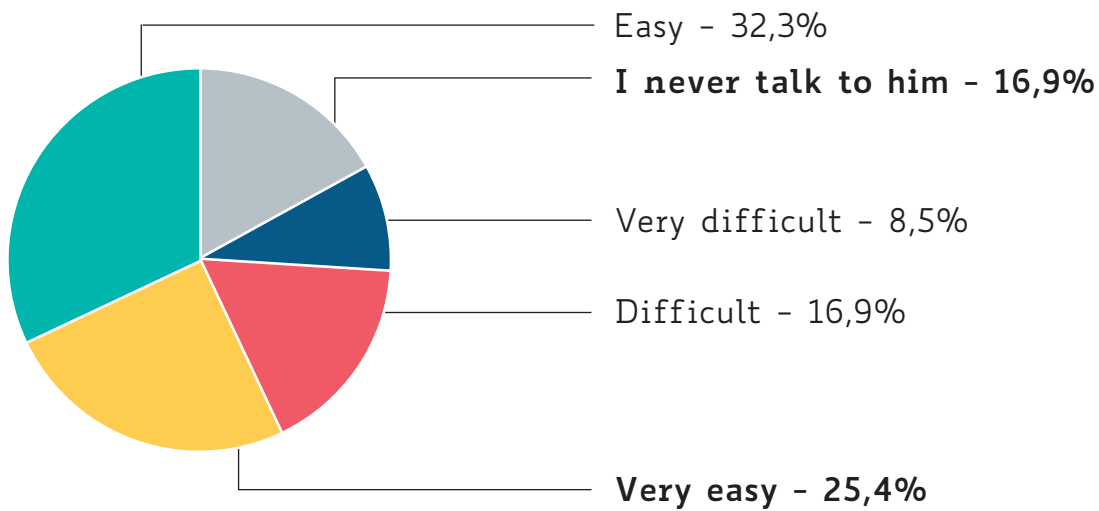


If I were bullied...

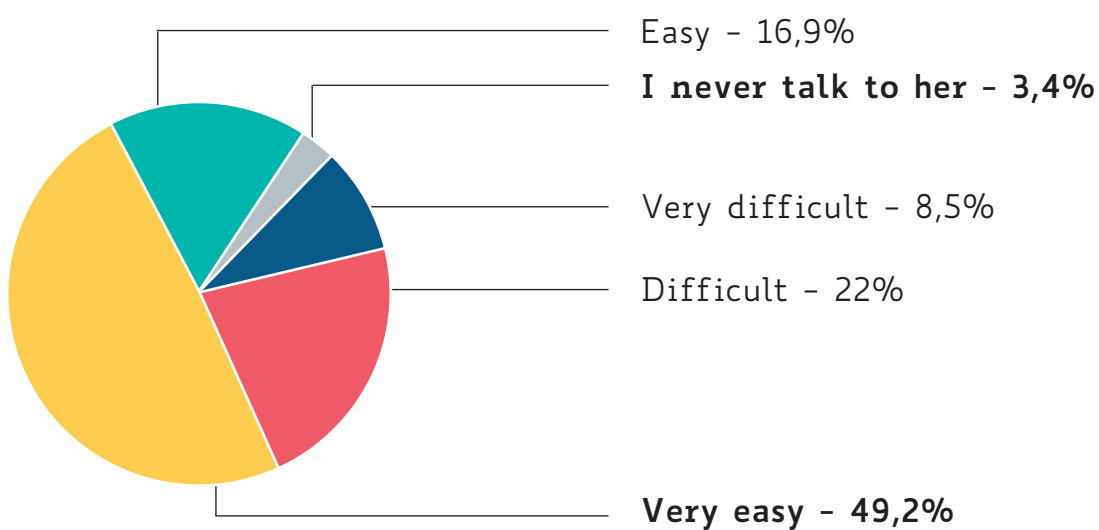
- I would talk to a teacher
- I would talk to a parent
- I would talk to a friend
- I would confront the bully or bullied
- I would pretend nothing happened



How easy is it for you to talk to your FATHER (or with the person acting on his behalf) about things that really concern you?



How easy is it for you to talk to your MOTHER (or with the person acting on her behalf) about things that really concern you?



Suggested activities

1. Collection of testimonials, written or video within the school and outside, also involving parents. Presentation of results to the school (students, teachers, parents). With permission, publication on social channels and platforms such as eTwinning.

Objectives

- To increase the participants' awareness of the topic.
- To create a more aware school community.
- To demonstrate the positive use of social media.

Tools

- Interview text
- Mobile phone or video camera

Involved teachers

- Teacher of Italian language, for the creation of the interview text.
- Teacher of Technology, for the post-production of the videos.

We suggest, as an example, using some questions from the questionnaire we proposed to our classmates.



PLEASE NOTE

Interviews must be agreed upon; you must be sure you have permission to do the interview and to publish it! If you include pictures or drawings that are not yours in the video, you must be sure that you do not infringe copyright.

2. Reflect on one's knowledge, skills and positive attitudes.

We are all different, have different skills and can do something. Reflecting on this helps us to improve our self-confidence and to set new SMART (specific, measurable, attainable, realistic, time-defined) goals.

Objectives

- To increase the participants' awareness of their own strengths and weaknesses.
- Learning to set SMART goals.

Tools

- Pencil and paper

Teachers involved

- Teacher of Italian language, in collaboration with the school's teaching team.
- Teacher of Mathematics, for a possible subsequent analysis of the collected data and for deepening the SMART concepts.



Our 'can do' skills

- I can read
- I can cook
- I can speak Italian
- I can play rugby
- I can play volleyball
- I can ride a bicycle
- I am good at taking pictures
- I am good at solving problems
- I'm a good listener
- I am a close observer
- I can sing
- I can dance
- I can draw
- I can read music notes
- I can tell stories
- I can speak English
- I can walk
- I can write

And then also: I am good at being messy!



Suggested activities

3. Transforming phrases and words

We propose to imagine different situations of potential conflict and outline two different options: one based on conflict, the other based on positive discipline. We have experienced the parent-son/daughter dialogue facing a "bad mark" problem.

Objectives

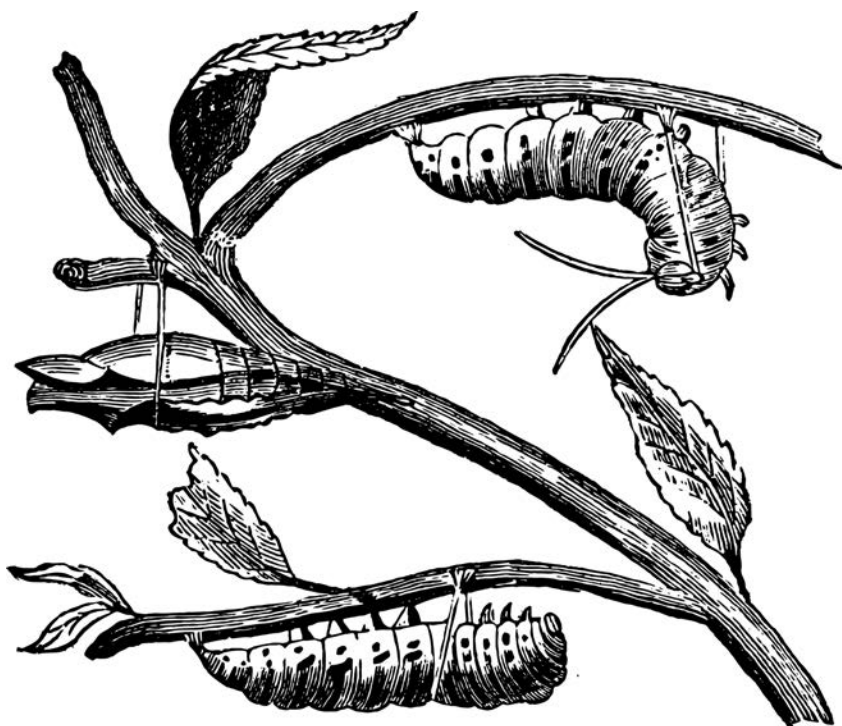
- To understand the difference between violent and non-violent language.
- To practise using non-violent language.

Tools

- Pen and paper
- Video camera, if you want to record the scene and review it to reflect and possibly share.

Teachers involved

- Teacher of Italian language, in collaboration with the school's teaching team.
- Teacher of Technology, for video post-production, in case you decide to make video recordings.



Suggested activities

4. Bullying and art

We suggest you design and implement a graphic project by selecting some of the words from our (or your) dictionary and look for connections between these words and different forms of art: a painting, a sculpture, a photograph, a film, a song, whatever you prefer.

Aims

To explore the world of art in its different forms, in relation to the topic.

Tools

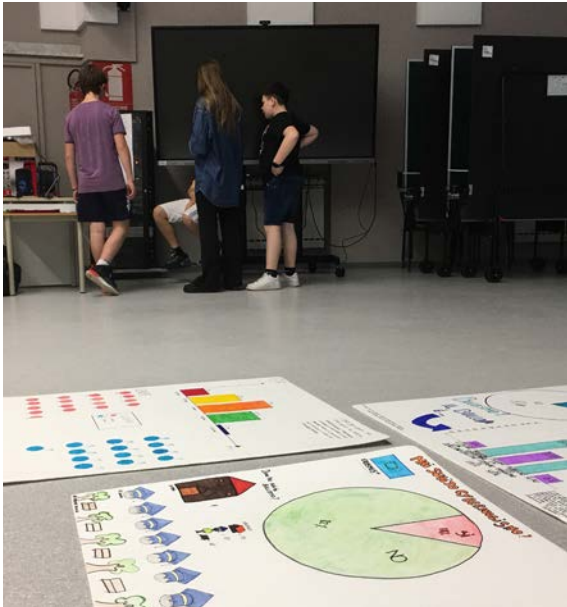
Computer, Internet connection, paper and pen, softwares needed for the implementation of product type you want to make: slide presentation, poster, brochure, video, etc.

Teachers involved

Teacher of Art and teacher of Technology, for making the final product.

Behind the scenes

Images from our 'behind the scenes'.





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