

KONYA – MAY 2025

**“From awareness to action”**



**Débora Barrientos Ortega**



# FROM AWARENESS TO ACTION

EMOTIONAL MANAGEMENT FOR BULLYING

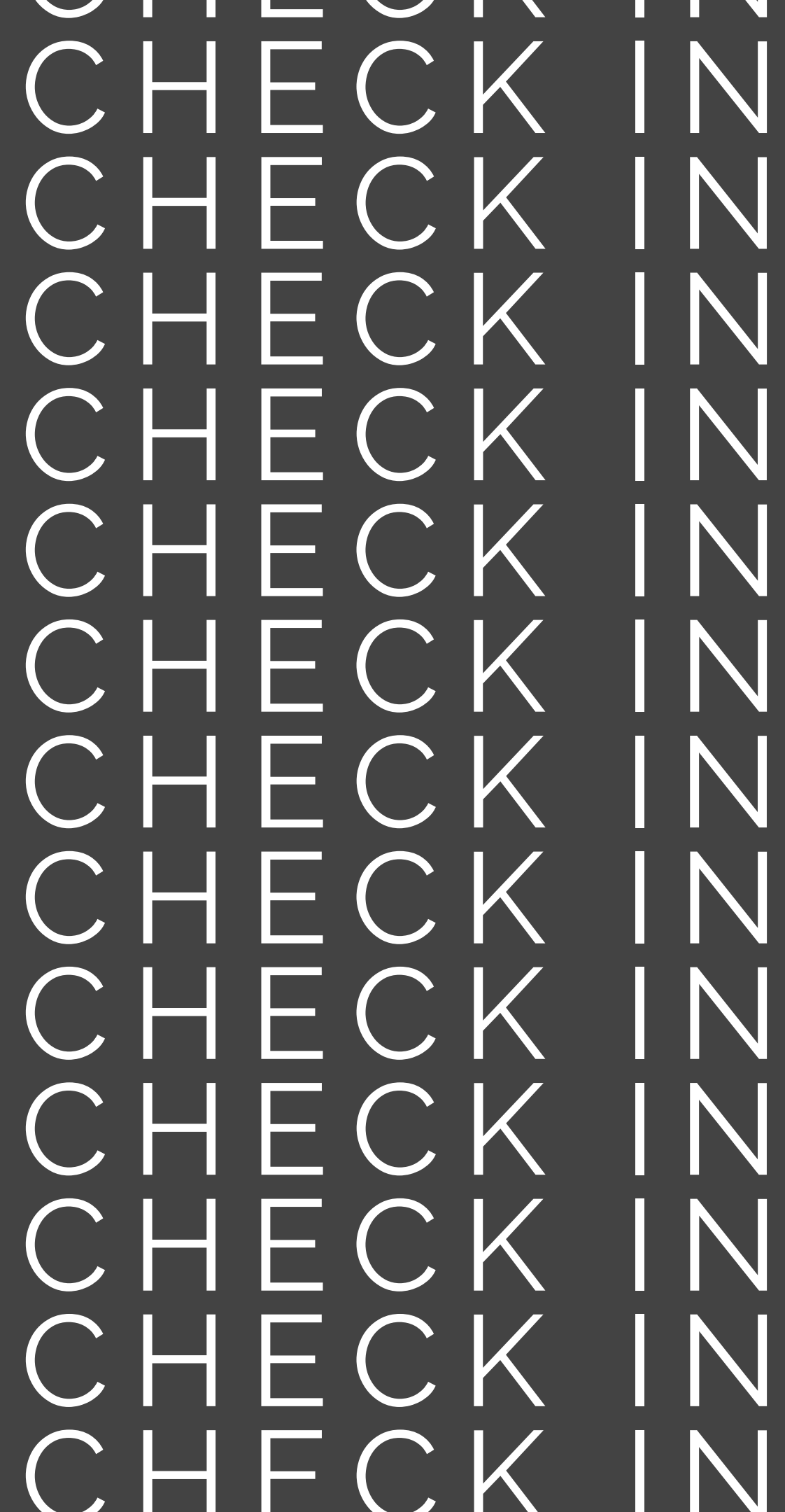
**Empowering Individuals and  
Communities** KONYA, MAY 2025



Hello!

# Check in

Who are we right now?





**What brought you here, and what do you hope for?**

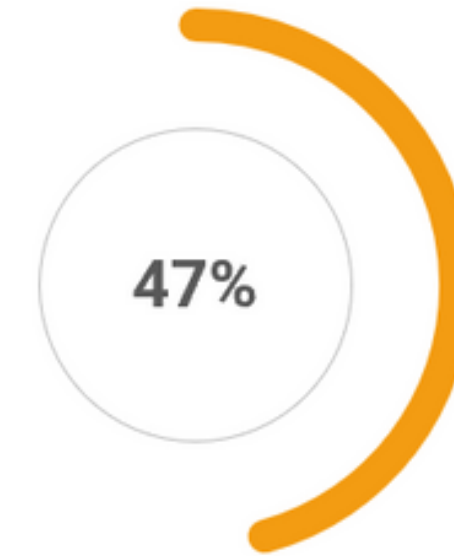


### Within the next week

You will forget 75% of the learning if you don't actively connect with examples and participate in the activities. It's up to you.

### Wandering mind

Human beings spend 47% of our time in waking activities thinking about something different from what we are doing. It will happen. Be aware and come back.



### You learn by doing it

80% of what you learn it is by doing.  
Try to take away as much as you can and apply it.

# DEFINING BULLYING

The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face-to-face or online.



## **BULLYING**

**Repeated, intentional behavior that involves a power imbalance**

- Purposefully hurts or harms
- Happens more than once
- Unequal power (physical strength, popularity, etc.)

## **CONFLICT**

**A disagreement or argument between people of equal power**

- All participants have equal power
- Not planned or deliberate
- May be repeated, but can stop

## **MEAN BEHAVIOR**

**Hurtful behavior done once or twice, due to thoughtlessness or anger**

- Intends to cause harm
- Typically an isolated incident
- Can happen accidentally

**TELL AN ADULT IF YOU SEE BULLYING**

## GLOBAL STATISTICS

**1 IN 3 STUDENTS (AGES 12–17) WORLDWIDE HAS BEEN BULLIED AT SCHOOL AT LEAST ONCE IN THE PAST MONTH. (UNESCO)**

- **ONLY 40% OF BULLIED STUDENTS REPORT IT TO A TRUSTED ADULT. (UNESCO, 2019)**
- **CYBERBULLYING IS INCREASING RAPIDLY, WITH OVER 50% OF TEENS EXPERIENCING ONLINE HARASSMENT AT SOME POINT. (UNICEF)**
- **LGBTQ+ YOUTH ARE 2–3 TIMES MORE LIKELY TO BE BULLIED THAN THEIR HETEROSEXUAL PEERS. (WHO)**

## **EU EUROPE (INCLUDING TURKEY)**

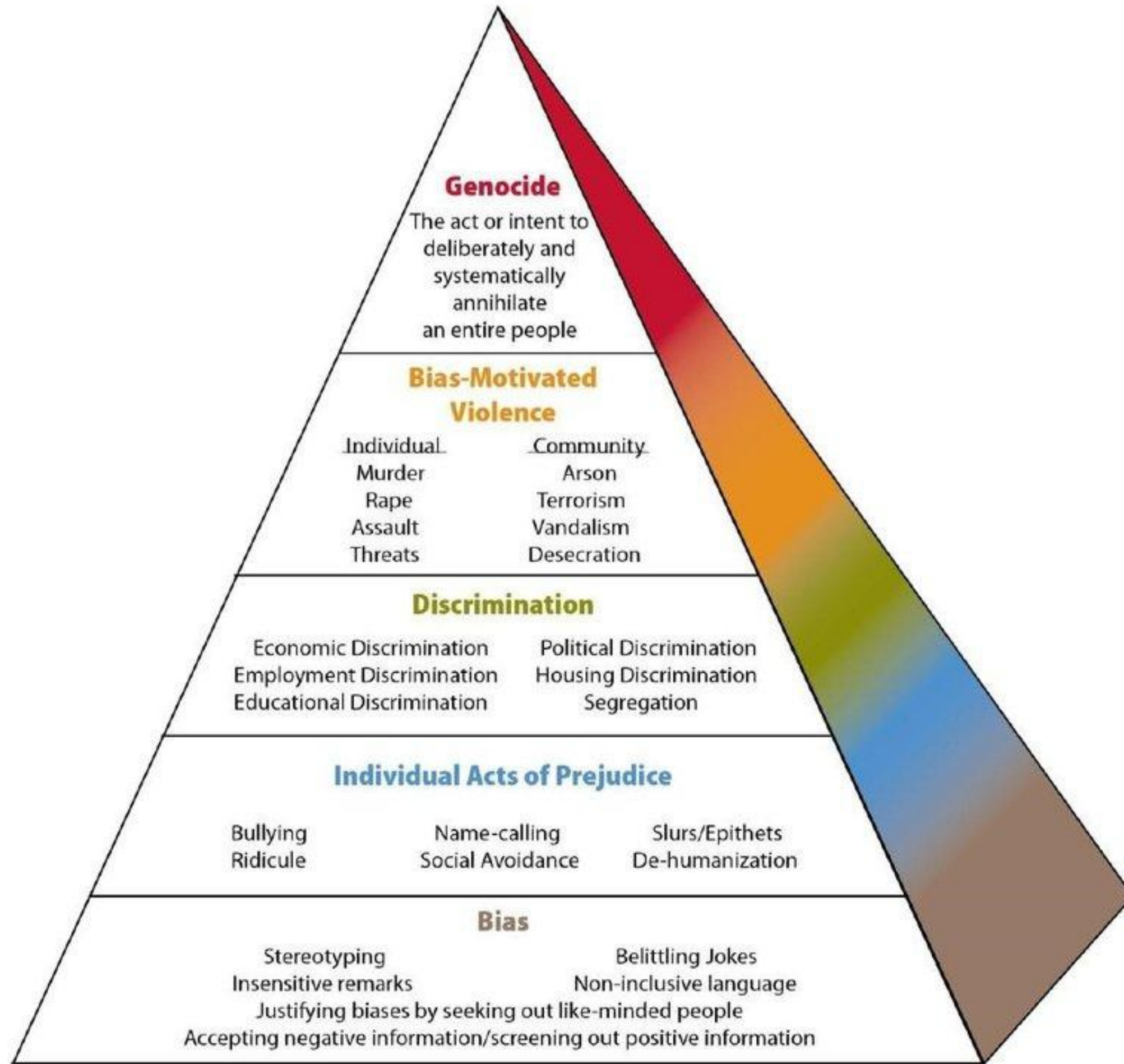
- **ABOUT 20–25% OF STUDENTS IN EUROPE REPORT EXPERIENCING TRADITIONAL BULLYING AT SCHOOL.**
- **CYBERBULLYING AFFECTS BETWEEN 10% AND 20% OF EUROPEAN STUDENTS.**
- **IN TURKEY, STUDIES INDICATE:**
- **25–30% OF STUDENTS ARE VICTIMS OF BULLYING.**
- **15–20% REPORT BEING BOTH VICTIMS AND PERPETRATORS.**

**VERBAL BULLYING IS THE MOST COMMON, FOLLOWED BY SOCIAL EXCLUSION AND PHYSICAL AGGRESSION.**

ALMOST

**50%**

*PEOPLE who reported themselves  
as victims of cyberbullying*



# ***THE SCENE***



THE  
AGGRESSOR

Person who is aggressive to  
other

THE  
VICTIM

Person who receives aggression



**How would it look  
the school that  
you wish?**

# BE RESPONSIBLE



# EMOTIONS

## EMOTIONS AND HUMAN HISTORY

What are emotions?



# WHAT IS EMOTIONAL INTELLIGENCE?

Emotional intelligence is the capacity that all human beings have.

This means Recognizing, exploring and understanding our own emotions, to finally accept and manage them effectively to achieve our goals and bond with others.

**So, emotional intelligence implies that: it is our emotions that mobilize us and reason that guides us, then integrating reason and the heart supposes an action based on emotion that is reasoned.**



"Almost everyone thinks they know what an emotion is  
until they try to define it.

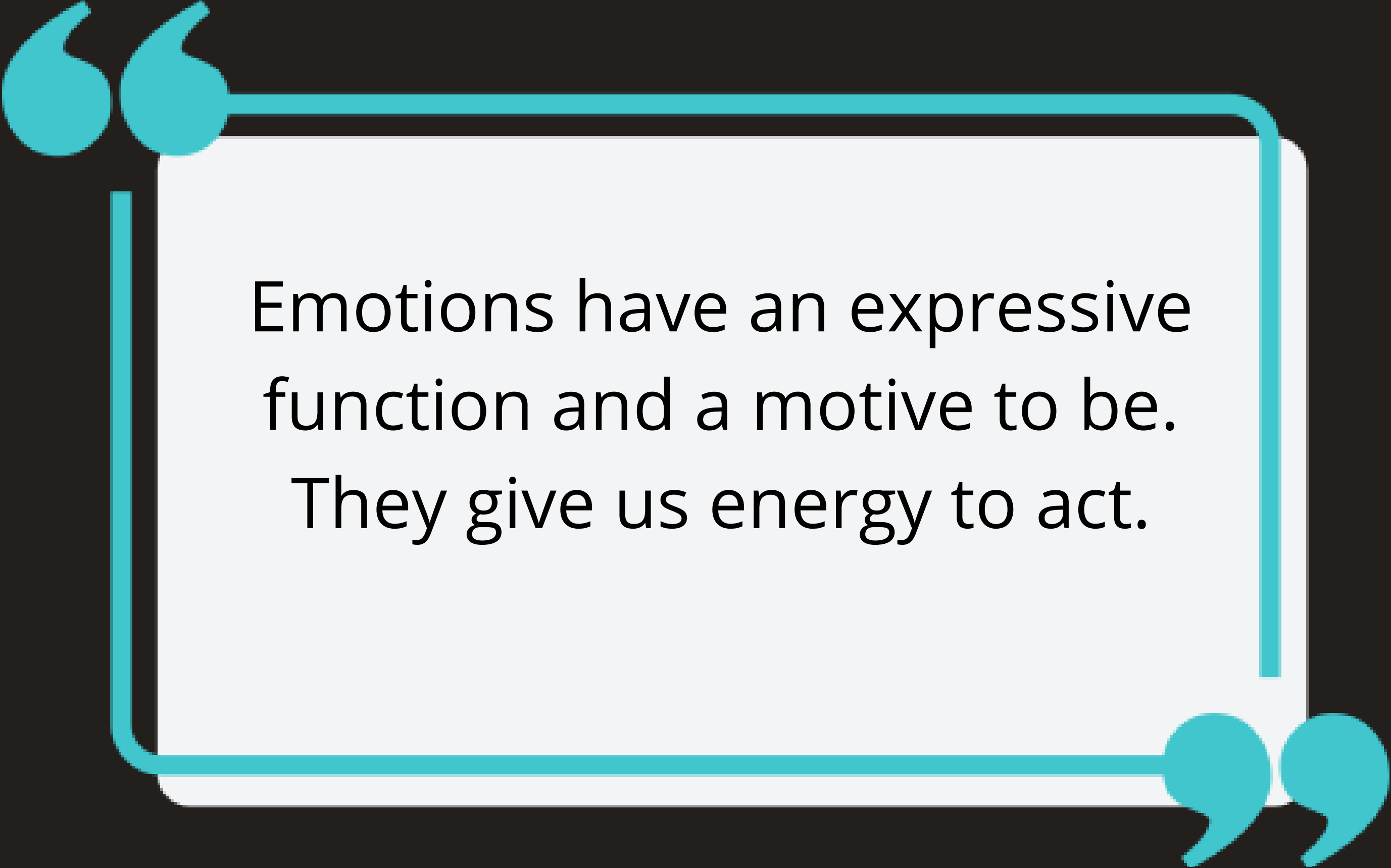
When that happens, almost nobody knows how to do it"

*(Wenger, Jones, and Jones, 1962)*



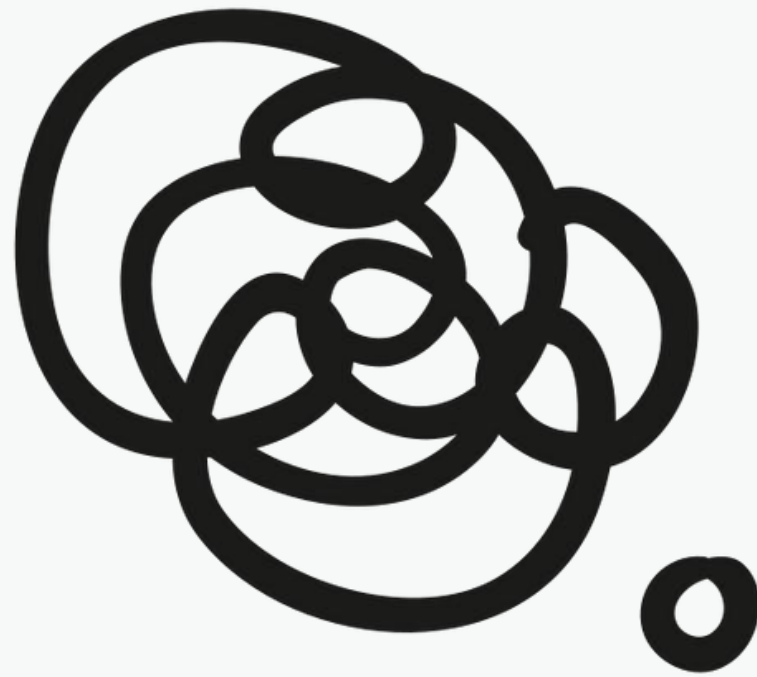
# ETHIMOLOGY

3, 2, 1 action



Emotions have an expressive  
function and a motive to be.  
They give us energy to act.

# What is our behaviour?



## *Stimuli*

Might be internal or external.



## **Emotion**

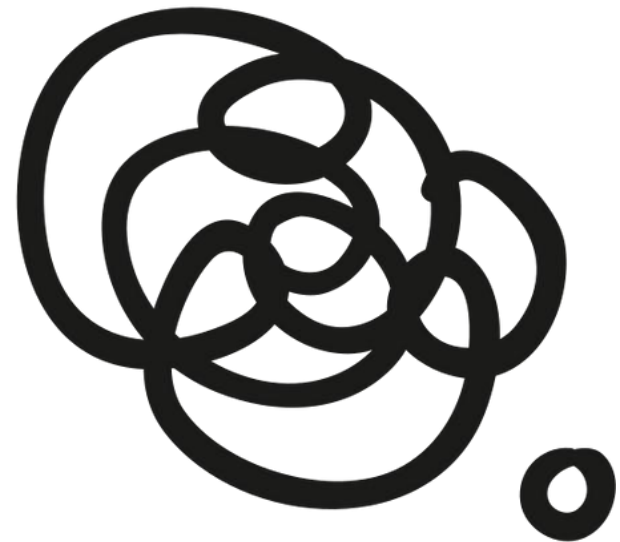
We all have. No judgement.



## *Reaction*

The way that we make sense of that emotion. What we do with that energy.

# What is our behaviour?



***Stimuli***

Might be internal or external.



**Emotion**

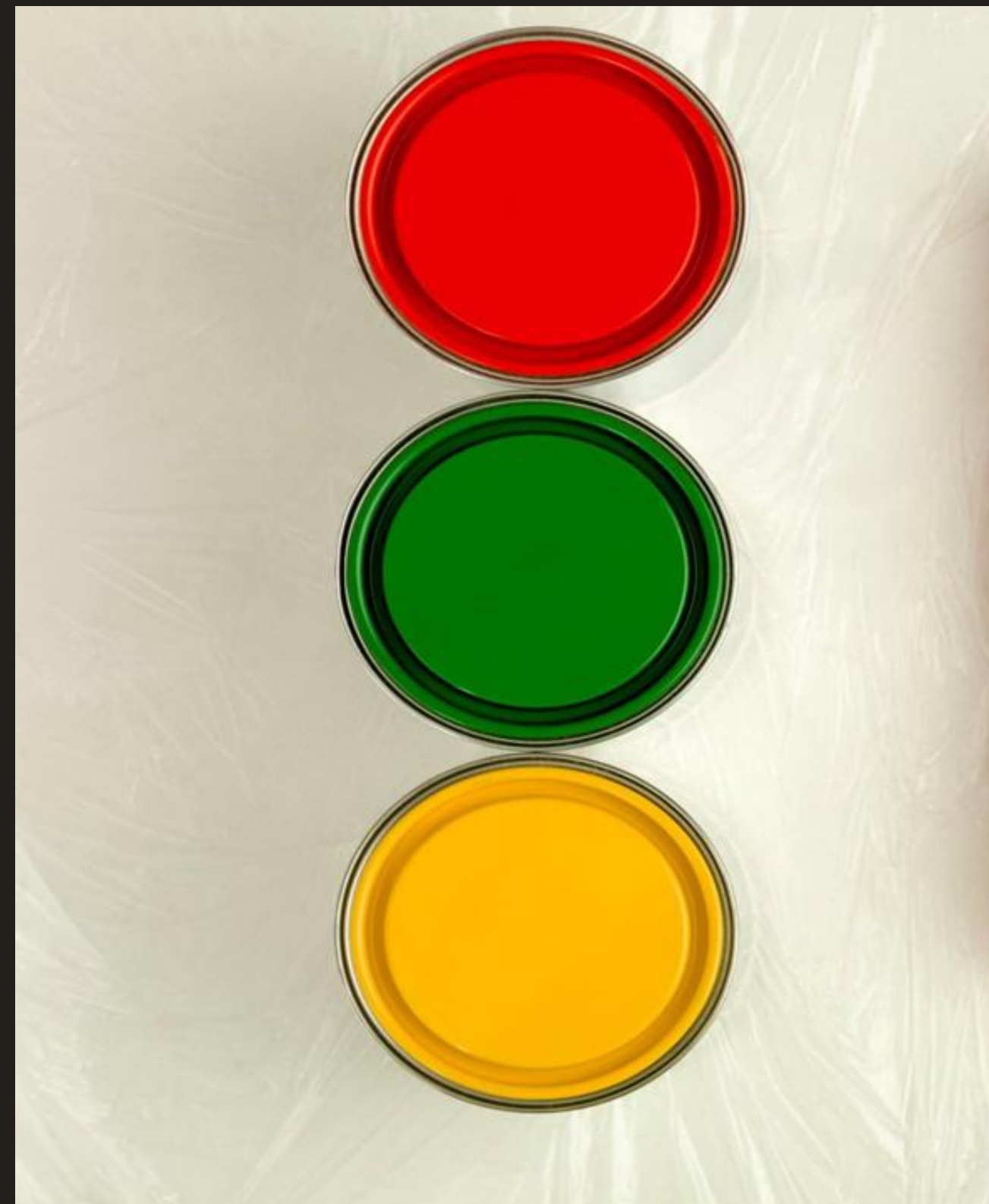
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***Re action***

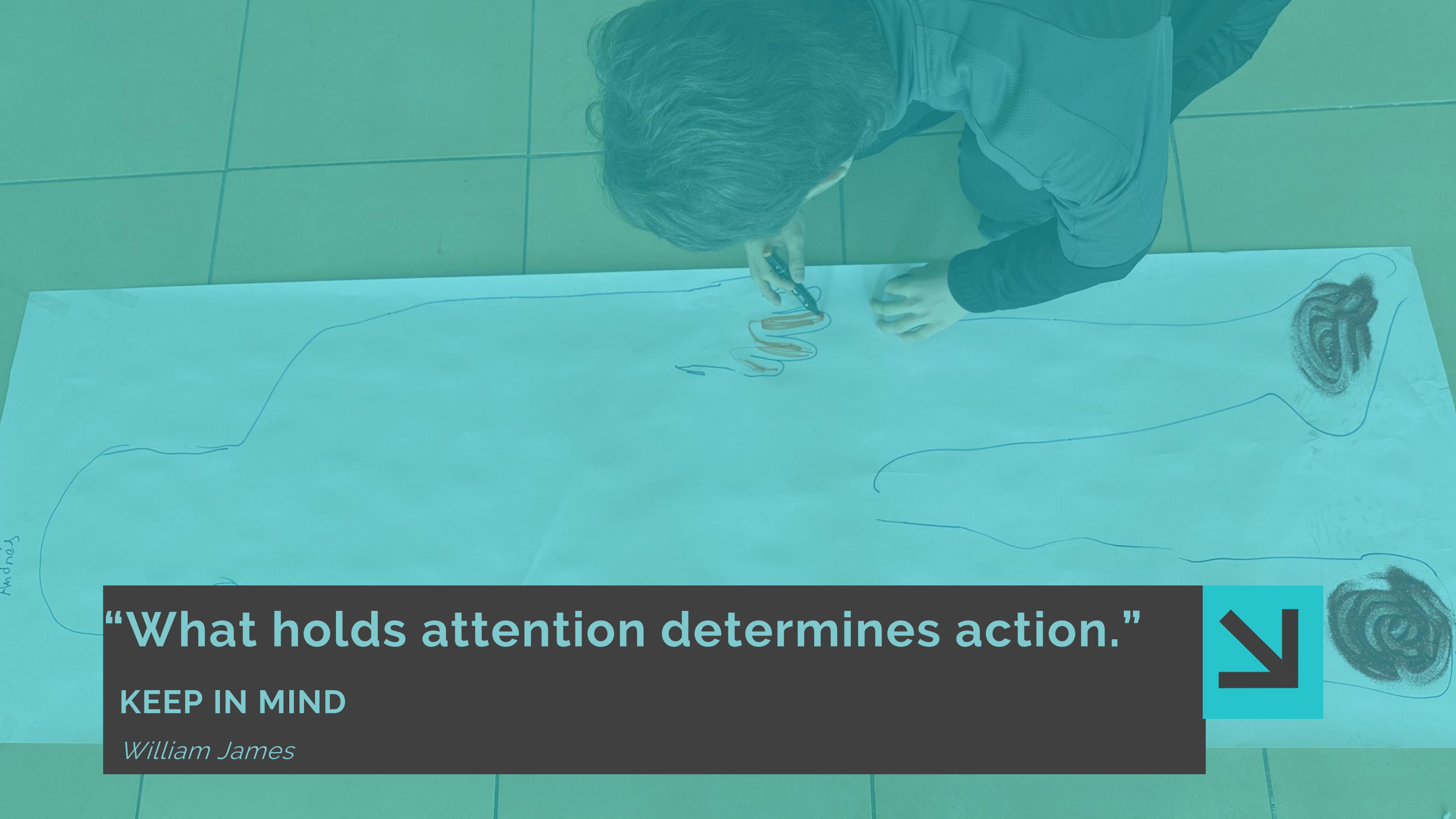
We can change.

# Traffic light



# Traffic light



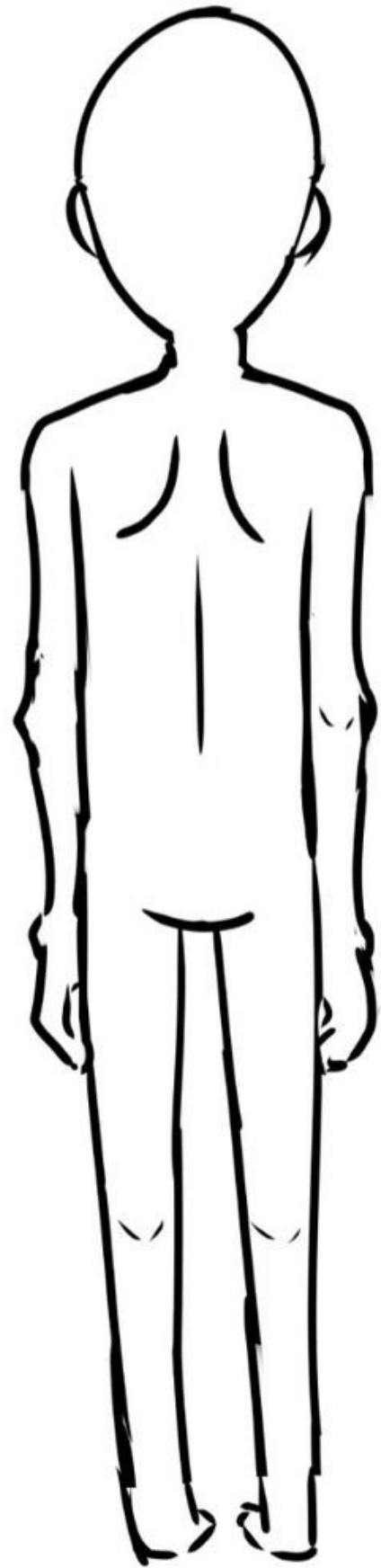
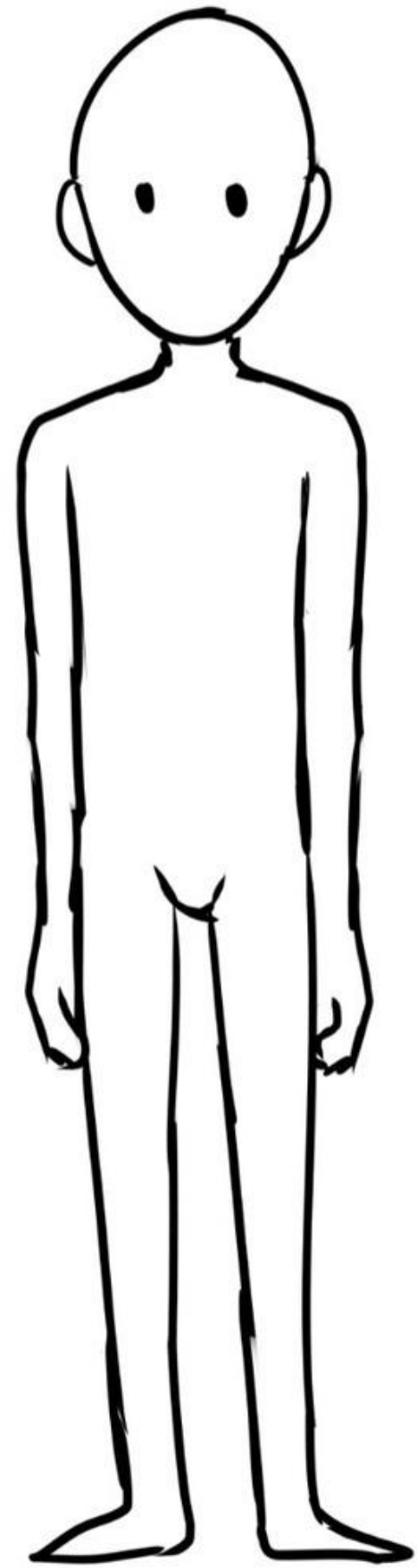


**“What holds attention determines action.”**

**KEEP IN MIND**

*William James*





# WHERE DO YOU FEEL WHAT YOU FEEL?

Let's explore it

# DEFINING MINDFULNESS

The awareness that arises from paying attention in a particular way; on purpose, in the present moment and non-judgmentally



## **7 Principles of Mindfulness By Jon Kabat-Zinn**

- Non-judging – Observing thoughts and experiences without labeling them as good or bad.
- Patience – Allowing things to unfold in their own time.
- Beginner's Mind – Seeing things with fresh eyes, as if for the first time.
- Trust – Developing confidence in yourself and your intuition.
- Non-Striving – Being rather than constantly trying to achieve.
- Acceptance – Acknowledging things as they are in the present moment.
- Letting Go – Releasing attachment to thoughts, emotions, or outcomes.

# ♂️ Why Mindfulness Helps Prevent Bullying

## ◆ 1. Improves Emotional Regulation

Mindfulness trains students (and adults) to pause before reacting.

This reduces impulsive, aggressive behavior and helps victims respond assertively rather than with fear or anger.

## ◆ 2. Builds Self-Awareness

Individuals become more aware of their thoughts, emotions, and actions.

Bullies may become more conscious of their harmful behavior.

Bystanders learn to notice discomfort and feel empowered to act.

## ◆ 3. Enhances Empathy & Compassion

Practices like Loving-Kindness Meditation increase empathy for others, even those we may dislike.

Empathetic individuals are less likely to harm and more likely to help.

## ◆ 4. Reduces Stress & Anxiety

Many students bully or react poorly because they are overwhelmed or dysregulated.

Mindfulness calms the nervous system, reducing fight-or-flight responses.

## ◆ 5. Encourages a Culture of Kindness

Whole-school mindfulness practices foster inclusion, connection, and trust.

A peaceful environment lowers the social pressure that fuels bullying.

## ◆ 6. Supports Positive Classroom Management

Mindful teachers model non-reactivity and compassion.

Classrooms become more cooperative and less authoritarian.

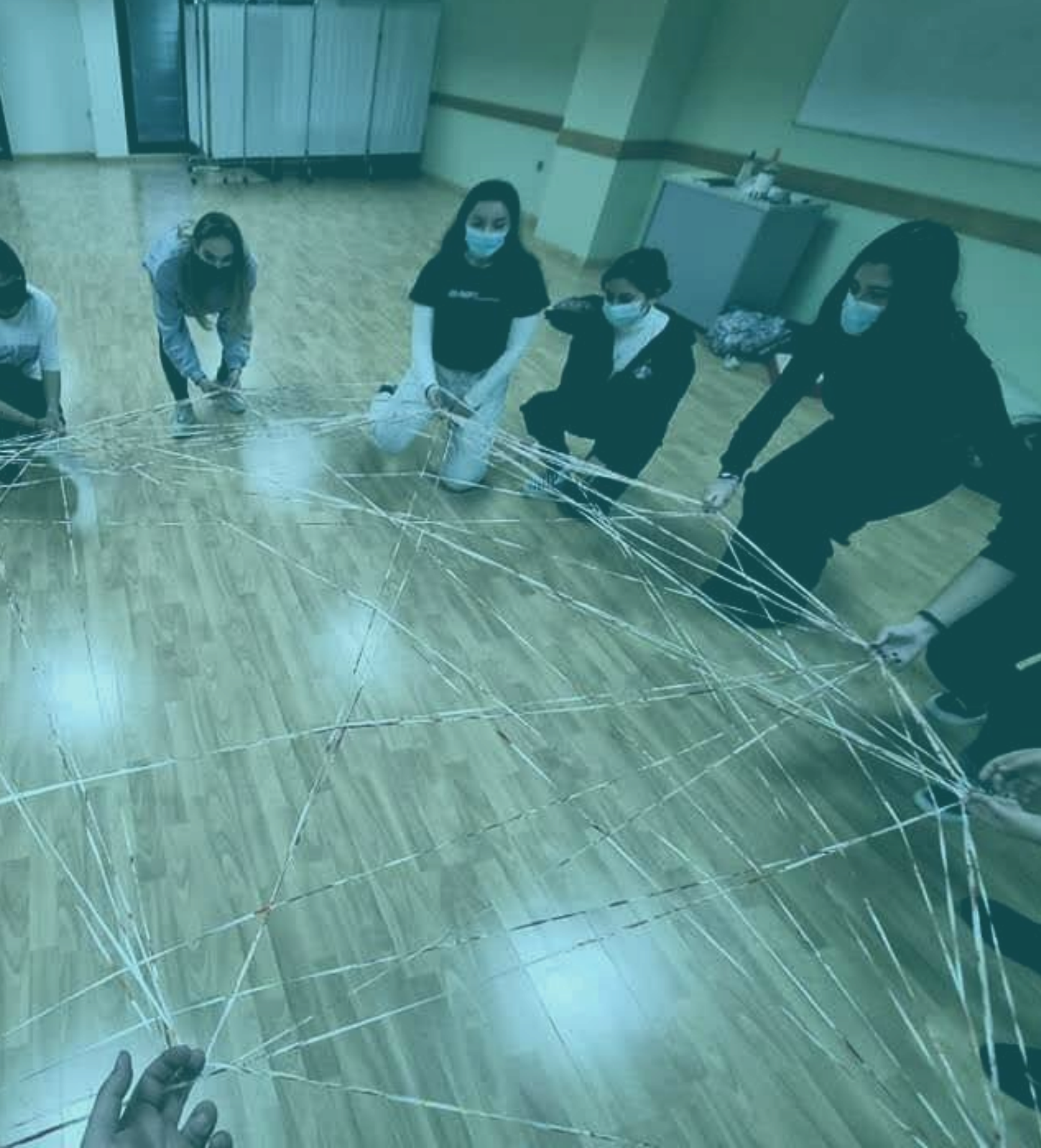
**BREATHHHHHHHHHHHHHHHHH**



**Let's play a  
game**

The new in town

Remember, it is just a game  
but serious enough to reflect



*Counterspeech is a tactic of countering hate speech or misinformation by presenting an alternative narrative rather than with censorship of the offending speech*



# STRATEGIES

- 
- *Giving (friendly) warning*
  - *Evoking Empathy*
  - *Huomour and satire*
  - *Counter and alternative narratives*
  - Humanizing the attacked group
  - Fact checking and debunking
  - Reporting

# What you need to know before you start

- Counter speech is not an exact science.
- It is also not easy to convince others that they are wrong, especially about things that may be deeply held beliefs.
- It is very contextual. You will have to choose the method(s) you use based on the context of the hate speech you try to counter. Who said/posted it? Where? What was the content? Who is it attacking?
- Use what seems the most promising approach based on the topic, where the discussion is at the moment on the topic and change your approach if needed.
- There is no silver bullet. You might need to use multiple methods to reach your goal and you can often fail to change the hearts and minds of the people that you converse with. Use methods that fit your goal and the environment of the debate.
- Be very clear in your mind about what your desired goal is when engaging in counter speech (Do you just want the OP, Original Poster, to remove their comment? Do you want them to realise that what they are doing might be illegal? Do you want to change their mind and/or heart?).
- Don't give up, sometimes it will take the 10th approach to succeed. Perseverance is extremely important in countering hate speech.
- Never forget, on the internet you always have an audience. You might not convince the OP, but you may convince people who agreed with them.
- Try to stay calm and do not turn the discussion into a shouting match. Try to keep your emotions out of it.
- Never think that not succeeding in certain counter speech situations is a personal failure. Shrug it off and move forward!

# BE AWARE OF:



The actual world challenges



Some figures



What is bullying



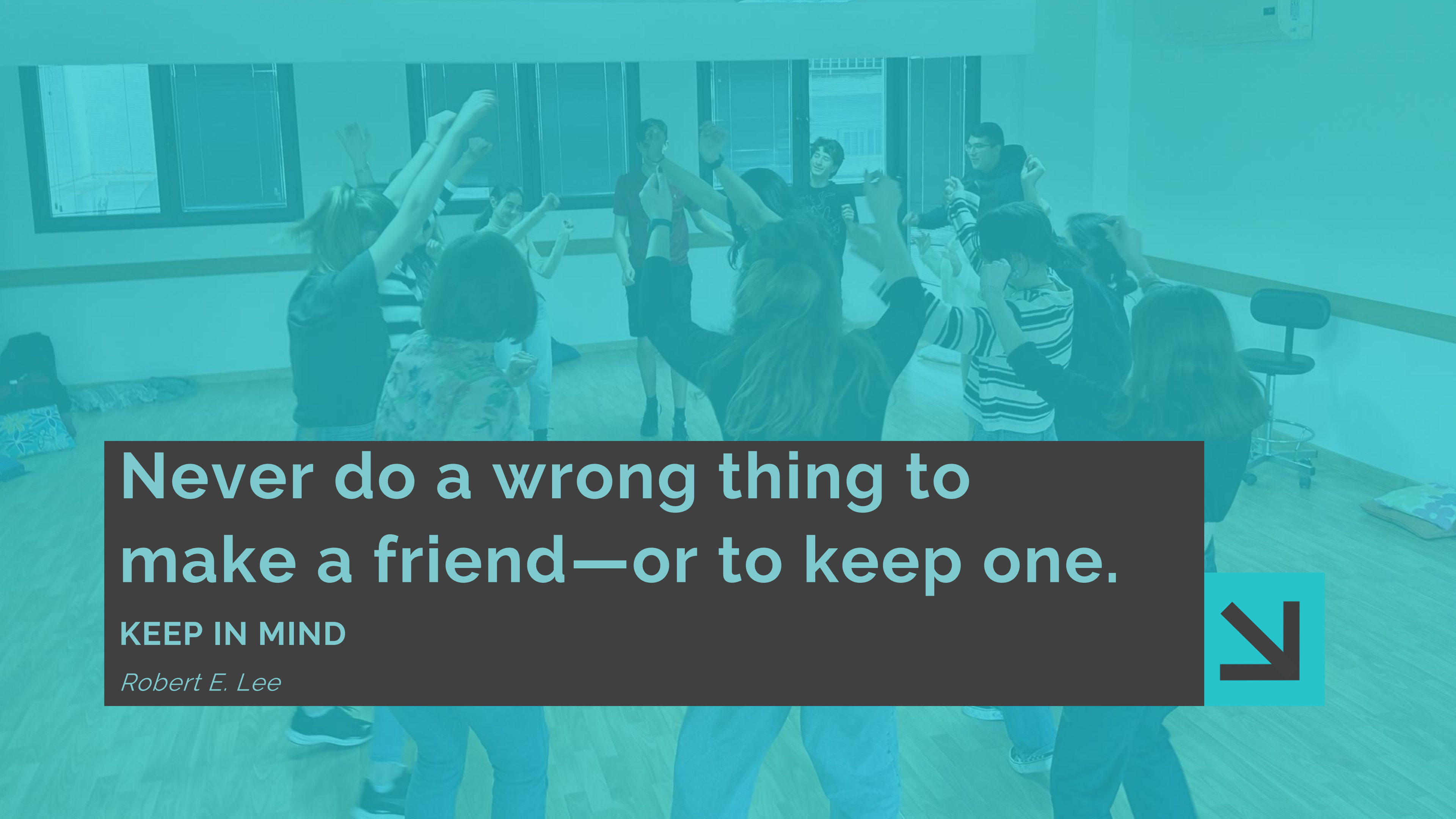
Mindfulness



The types of hate



Emotions



**Never do a wrong thing to  
make a friend—or to keep one.**

**KEEP IN MIND**

*Robert E. Lee*





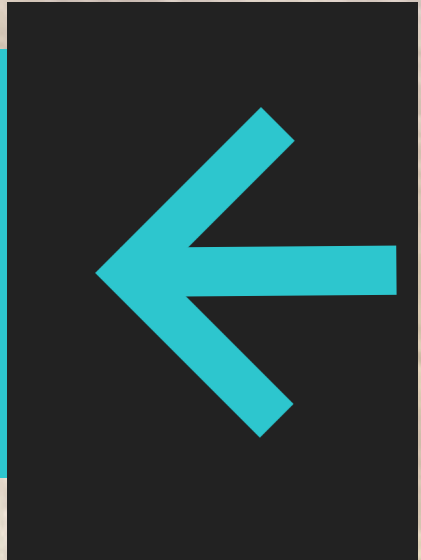
**What is my role in creating or sustaining the things I complain about?**

**What is the story I am telling myself that prevents me from taking full ownership?**

**BE A CHANGE  
MAKER**



# WHAT IS BEING A CHANGE MAKER?





**Two steps  
dance**

**EMPATHY**

# WHAT BY STANDERS CAN DO

HOW YOU CAN BE AN UPSTANDER

# BE A CHANGE MAKER IS ABOUT:



Being people like you



Reflecting on your behaviour



Stepping into and raise your voice



Being empathic



Transforming your narrative



Not stopping

# REFLECTING ON YOUR BEHAVIOR

*Think of a time you were in a situation that involved bullying.*

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*What did you do then?*

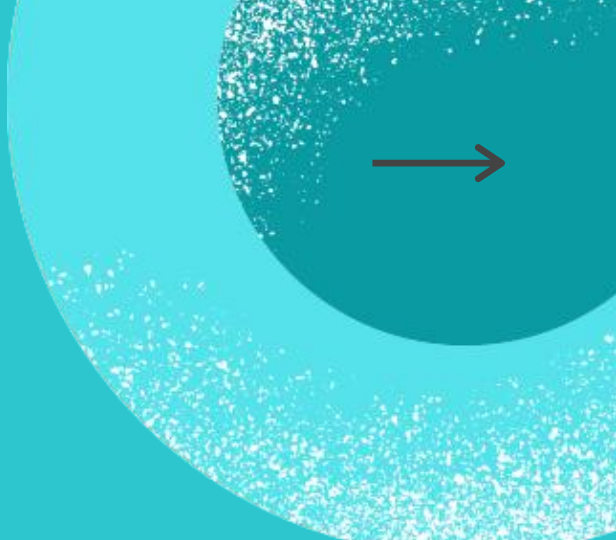
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*What would you have done differently?*

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“Never doubt that a small group of  
thoughtful, committed citizens  
can  
change the world. Indeed, it is the  
only thing that ever has.”

- Margaret Mead





# METHODOLOGY

- Social Presence Theater - MIT-Preseencing Institute
- Theory U - MIT-Preseencing Institute
- Emotional intelligence - Daniel Goleman
- Mindfulness Based Stress Reduction - Dr. Kabat-Zinn - University of Massachusetts
- 6 conversations – Peter Block. Community transformation
- Nonviolent Communication (NVC)
- Group dynamics
- Communication and listening tools
- Democratic decision-making processes
- Systemic thinking



**THANKS A LOT!**

Débora Barrientos Ortega

