



ERASMUS+ 2020-1-HU01-KA204-078736

SHORT GLOSSARY



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glossary

noun.

a list of terms in a special subject, field, or area of usage, with accompanying definitions.

Source: Dictionary.com



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bullying

noun.

The Council of Europe defines bullying as ‘unwanted, aggressive behaviour among school aged children that involves a real or perceived power imbalance. The behaviour is repeated, or has the potential to be repeated, over time’.

Source: Council of Europe



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The purpose

This glossary was developed as part of Project No. 2020-1-HU01-KA204-078736 called Say No to Bullying!, funded by the European Union's Erasmus+ Strategic Partnerships Programme. It is a collection of words pertaining to bullying, arranged alphabetically, which include information on definitions, usage, etymologies and pronunciations.



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abbreviations

adj.

adjective

comp. n.

compound noun

n.

noun

abuse

/ə'bju:z/

(n.) "abuse mistreatment, an assault in which the perpetrator abuses his power, his position, which may include exploitation of mental faculties." [1]

As defined by the World Health Organization (WHO), "the intentional, threatened, or actual use of physical force or power against oneself, another person, or a group or community that either results in, or has a high probability of resulting in, injury, death, psychological harm, maldevelopment, or deprivation." [2]

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1. NANE Egyesület, Miért marad???, Kézikönyv segítő foglalkozású szakemberek számára, 2006. Budapest
 2. <https://www.who.int/violenceprevention/approach/definition/en/>, accessed October 18, 2022.



assertiveness

/ə'sɜːrtɪvnɪs/

(n.) "an adaptive communication style in which individuals express their feelings and needs directly while maintaining respect for others. A lack of assertiveness can contribute to depression and anxiety, while an inappropriate use of assertiveness can manifest as aggression." [3]

3. <https://dictionary.apa.org/assertiveness>, accessed October 18, 2022.



assertiveness training

/ə'sə:tɪvnɪs/ /'treɪnɪŋ/

(comp. n.) "a method by which individuals learn to change verbal and nonverbal signals and behavior patterns and improve interpersonal communication in general through techniques that help them express emotions, opinions, and preferences—positive and negative—clearly, directly, and in appropriate ways." [4]

4. <https://dictionary.apa.org/assertiveness-training>, accessed October 18, 2022.

bully (perpetrator, initiator)

/'bʊli/

(n.) a person who performs single or multiple acts of violence directed at another person.



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compassion

/kəm'pæʃən/

(n.) "a strong feeling of sympathy for another person's feelings of sorrow or distress usually involves a desire to help or comfort that person." [5]

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5. <https://dictionary.apa.org/compassion>, accessed October 18, 2022.



coping behaviour

/'kəʊpɪŋ/ /bɪ'heɪvjər/

(comp. n.) "a characteristic and often automatic action or series of actions to deal with stressful or threatening situations. Coping behaviors can be both positive (i.e., adaptive), such as taking time in the middle of a hectic day to meditate or exercise, and negative (i.e., maladaptive, avoidant), such as not seeing a doctor when symptoms of a serious illness appear or persist." [6]

6. <https://dictionary.apa.org/coping-behavior>, accessed October 18, 2022.



courage

/kʌrɪdʒ/

(n.) "the ability to meet a difficult challenge despite the physical, psychological, or moral risks involved in doing so. Examples of acts of courage include saving another's or one's own life against a meaningful threat; coping with a painful, debilitating, or terminal illness; overcoming a destructive habit; and voicing an unpopular opinion. Also called bravery; valor. — courageous adj." [7]

7. <https://dictionary.apa.org/courage>, accessed October 18, 2022.



cyber (online) bullying

/'saɪbər/ /'bʊliŋ/

(comp. n.) "Cyberbullying is bullying using digital technologies. It can take place on social media, messaging platforms, gaming platforms, and cell phones." [8]

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8. <https://www.unicef.org/end-violence/how-to-stop-cyberbullying>, accessed October 18, 2022.



cyberstalking

/'saɪbər/ /'stɔ:kɪŋ/

(n.) "Cyberstalkers may send repeated messages to threaten or harass, and they may encourage others to do the same, either explicitly or by impersonating their victim and asking others to contact them." [9]

9. <https://en.wikipedia.org/wiki/Cyberbullying>, accessed October 18, 2022.



denigration

/dənɪg'reɪʃən/

(n.) sending or posting cruel rumours and falsehoods to damage reputation and friendships.



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direct bullying

/dɪ'rɛkt/ /'bʊliŋ/

(comp. n.) It occurs between the people involved.



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direct discrimination

/dɪ'rɛkt/ /dɪ'skrɪmɪ'nēɪʃən/

(comp. n.) "Direct discrimination occurs when an explicit distinction is made among groups of people that results in individuals from some groups being less able than others to exercise their rights." [10]

10. <https://www.amnesty.org.ph/campaigns/discrimination/>, accessed October 18, 2022.



direct verbal bullying

/dɪ'rɛkt/ /'vɜ:rbəl/ /'buliŋ/

(comp. n.) "teasing, mocking, or threatening - "(...) includes name-calling or insults about physical characteristics such as weight or height, or other characteristics such as race, sexuality, culture, or religion." [II]

II. <https://lawrenceha-s.schools.nsw.gov.au/supporting-our-students/bullying/types.html>, accessed October 18, 2022.



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discrimination

/dɪskrɪmɪneɪʃən/

(n.) "Discrimination occurs when a person is unable to enjoy his or her human rights or other legal rights on an equal basis with others because of an unjustified distinction made in policy, law or treatment." [12]

It is harming someone's rights simply because of who they are or what they believe. Discrimination is harmful and perpetuates inequality." [13]

Discrimination may be based on race, ethnicity, nationality, class, caste, religion, belief, sex, gender, language, sexual orientation, gender identity, sex characteristics, age, health or another status.

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12. <https://www.amnesty.org/en/what-we-do/discrimination/>, accessed October 18, 2022.

13. <https://www.amnesty.org/en/what-we-do/discrimination/>, accessed October 18, 2022.



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dissing

/dɪsɪŋ/

(n.) A bully spreads cruel information about their target through public posts or private messages to ruin either their reputation or their relationships with other people.



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economic (financial) abuse

/i:kə'nɒmɪk/ /ə'bju:z/

(comp. n.) "(...) a situation in which someone harms another person in a close relationship using money or property, for example by controlling how they are able to get or spend money, or preventing them being able to buy things that they need:
With economic abuse, money becomes a way to control the victim.

Economic abuse can also include restricting access to essential resources, such as food, clothing, or transport.”[14]

14. <https://dictionary.cambridge.org/dictionary/english/economic-abuse>, accessed October 18, 2022.



emotional abuse

/ɪməʊʃənəl/ /ə'bju:z/

(comp. n.) This is a pattern of behaviour in which the perpetrator insults, humiliates, and generally instils fear in a person in order to control them.



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empathy

/'ɛmpəθi/

(n.) "To understand a person from their frame of reference rather than from one's own, or to experience that person's feelings, perceptions, and thoughts vicariously. Empathy does not by itself lead to the motivation to help, although it can turn into sympathy or personal suffering, which can lead to action." [15]

15. <https://dictionary.apa.org/empathy>, accessed October 18, 2022.



empowerment

/ɪm'paʊərmənt/

(n.) "promoting the skills, knowledge, and self-confidence necessary to take better control of one's life." [16]

16. <https://dictionary.apa.org/empowerment>, accessed October 18, 2022.



enabling

/ɪn'eɪbəlɪŋ/

- (n.) "1. a process whereby someone (i.e., the enabler) contributes to continued maladaptive or pathological behaviour (e.g., child abuse, substance abuse) in another person. The enabler is typically an intimate partner or good friend who passively permits or unwittingly encourages this behaviour in the other person; often, the enabler is aware of the destructiveness of the person's behaviour but feels powerless to prevent it.
2. the process of encouraging or allowing individuals to meet their own needs and achieve desired ends. A therapist attempts to enable clients to believe in themselves, have the confidence to act on their desires and affirm their ability to achieve. See also empowerment."¹⁷ [17]

17. <https://dictionary.apa.org/enabling>, accessed October 18, 2022.



exclusion

/ɪk'sklu:ʒən/

(n.) leaving someone out deliberately from an online group.



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flaming

/'fleɪmɪŋ/

(n.) posting about or directly sending insults and obscenities to the target. Flaming is similar to trolling, but is usually a more direct attack on a victim to incite them to fight online.



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fraping

/fræpɪŋ/

(n.) The bully uses the victim's social media accounts to post inappropriate content in the victim's name.



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grooming

/'gru:minɪŋ/

(n.) "Grooming is the slow, methodical, and deliberate process of manipulating a person to the point where he or she may become a victim." [18]

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18. <https://www.allure.com/story/what-is-sexual-grooming-abuse>, accessed October 18, 2022.



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harassment

/hərəsmənt/

(n.) "(...) the act of systematic and/or continued undesirable and vexatious acts by a party or group, including threats and demands." [19]

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19. <https://dictionary.law.com/default.aspx?selected=853>, accessed October 18, 2022.



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harassment (cyber)

/'hærəsmənt/ /'saɪbər/

(n.) This generally refers to a persistent and constant pattern of hurtful or threatening online messages sent with the goal of harming someone.



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impersonation

/ɪmpərsoneɪʃən/

(n.) creating fake accounts, comments, or websites impersonating their target to post material in their name that defames, discredits, or ridicules them.



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indirect bullying

/ɪndɪk'trɛkt/ /'buliŋ/

(comp. n.) When a person or group of persons undermines or attempts to ruin another person's reputation by spreading rumours and gossiping behind their backs.



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indirect discrimination

/ɪndɪk'rekt/ /dɪskrɪmɪ'neɪʃən/

(comp. n.) "Indirect discrimination occurs when a law, policy, or practice is presented neutrally (i.e., no explicit distinctions are made) but disproportionately disadvantages a particular group or groups." [20]

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20. <https://www.amnesty.org.ph/campaigns/discrimination/>, accessed October 18, 2022.



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indirect verbal bullying

/ɪndɪktrɛkt/ /'vɜːrbəl/ /'bʊliŋ/

(comp. n.) spreading gossip, threatening with destroying a relationship.



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information technology (IT)

/ɪnfər'meɪʃən//tɛk'nɒplədʒi/ /ɪt/

(comp. n.) Refers to anything related to computer technology, such as networks, hardware, software, the Internet, or the people who work with these technologies.



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indirect discrimination

/ɪndɪk'rekt/ /dɪskrɪm'neɪʃən/

(comp. n.) "Indirect discrimination occurs when a law, policy, or practice is presented neutrally (i.e., no explicit distinctions are made) but disproportionately disadvantages a particular group or groups." [20]

.....

20. <https://www.amnesty.org.ph/campaigns/discrimination/>, accessed October 18, 2022.



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intersectional discrimination

/ɪntə'sɛkʃənəl/ /dɪskrɪmɪneɪʃən/

(comp. n.) "We speak of intersectional discrimination when several forms of discrimination work together so that a certain group or groups are disadvantaged even more." [21]

.....

21. <https://www.amnesty.org.ph/campaigns/discrimination/>, accessed October 18, 2022.



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masquerading

/mæskə'reɪdɪŋ/

(n.) A bully creates a made-up profile or identity on the Internet with the sole purpose of bullying someone.



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mental health

/'mɛntəl/ /'hɛlθ/

(comp. n.) "A state of mind characterised by emotional well-being, good behavioural adjustment, relative freedom from anxiety and disabling symptoms, and the ability to form constructive relationships and cope with the normal demands and stresses of life." [22]

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22. <https://dictionary.apa.org/mental-health>, accessed October 18, 2022.



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mobbing

/mə'bɪŋ/

(n.) "Mobbing is a group of people whose size is limited by the social environment in which it is formed, such as a workplace. To the target, it may appear that many people are involved, but in reality the group may be small. Group members interact directly with the target in a hostile manner that undermines or harms him or her in measurable and definable ways." [23]

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23. <https://bullyonline.org/old/workbully/mobbing.htm>, accessed October 18, 2022.



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NEET

/ni:t/

(n. - acronym) "Young people are neither employed nor in education or training. The acronym is "used to refer to the situation of many young people between 15 and 29 in Europe. The aim of the concept NEET is to broaden the understanding of the vulnerable status of young people and to better monitor their problematic access to the labour market." [24]

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24. <https://www.eurofound.europa.eu/topic/neets>, accessed October 18, 2022.



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NEET (EUROSTAT)

/ni:t/

(n. - acronym) "The rate NEET shows the percentage of young people who are neither employed nor in education. The numerator of the indicator refers to people who meet two conditions:

- they are not in the labour force, i.e., they are unemployed or not in the labour force;
- they have not received education or training (formal or nonformal) in the four weeks preceding the labour force survey (LFS)."^[25]

.....

25. https://ec.europa.eu/eurostat/statistics-explained/index.php?title=Statistics_on_young_people_neither_in_employment_nor_in_education_or_training#Young_people_neither_in_employment_nor_in_education_or_training, accessed October 18, 2022.



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neglect

/nɪglɛkt/

(v.) "This is a form of abuse in which the perpetrator, who is responsible for the care of a person who is unable to care for themselves, fails to do so. It can result from negligence, indifference, or unwillingness and abuse. Neglect may consist of failure to provide adequate supervision, nutrition, or medical care, or failure to meet other needs for which the victim is unable to care for themselves."^[26]

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26. <https://en.wikipedia.org/wiki/Neglect>, accessed October 18, 2022.



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nonverbal bullying

/nən'verbał/ /'buliŋ/

(comp. n.) grimacing, micro facial expressions, exaggerated intimidation of the victim's movement or behaviour, display of injuries, and crude images about the victim.



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outing (doxing)

/'aʊtɪŋ/

(n.) "(...) refers to the act of disclosing sensitive or personal information about a person without that person's consent in order to embarrass or humiliate that person. This can range from the dissemination of personal photographs or documents of public figures to the sharing of a person's stored personal messages in a private online group. The crucial factor is the lack of consent by the victim." [27]

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27. <https://blog.securly.com/2018/10/04/the-10-types-of-cyberbullying/>, accessed October 18, 2022.



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outreach work

/'aʊt̬rɪtʃ/ /'wɜːrk/

(comp. n.) It targets vulnerable people with no contact with service providers. Social workers, volunteers, etc. make contact with people in the community, e.g., in their immediate living environment (on the street, in their homes, etc.).



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peer mentoring

/'piər/ /'mentərɪŋ/

(comp. n.) Relationship between people who are at the same career stage or age where one person has more experience than the other in a particular area and can provide support and knowledge and skill transfer.



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physical abuse

/'fɪzɪkəl/ /'æbju:s/

(comp. n.) It is committed when a person uses physical force against another person to inflict harm (hitting with a hand or tool, kicking, pulling out hair, etc.).rticular area and can provide support and knowledge and skills transfer.



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public employment services

/'pʌblɪk/ /ɪm'plɔɪmənt/ /'sɜːvɪsɪz/

(comp. n.) "In EU countries, public employment services (PES) are the authorities that match job seekers with employers. Although they are structured differently in each country, all PES help to match supply and demand in the labour market through information, placement, and active support services at the local, national, and European levels." [28]

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28. <https://ec.europa.eu/social/main.jsp?catId=105&langId=en>, accessed October 18, 2022.



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relational bullying

/rɪleɪʃənəl/ /'buliŋ/

(comp. n.) "It is based on belonging to a marginalized group and not on individual characteristics." [29]

e.g.: social isolation, spreading rumours, manipulating friendships, disgracing publicly the victim.

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29. <https://oxfordre.com/socialwork/view/10.1093/acrefore/9780199975839.001.0001/acrefore-9780199975839-e-862>, accessed October 18, 2022.



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resilience

/rɪzɪliəns/

(n.) "The process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adaptation to external and internal demands. A number of factors contribute to how well people adapt to adversity, most notably (a) how individuals view and engage with the world, (b) the availability and quality of social resources, and (c) specific coping strategies." [30]

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30. <https://dictionary.apa.org/resilience>, accessed October 18, 2022.



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S.A.T.

/sæt/

(n. – acronym) Standardized tests widely used for college admissions.



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sexting

/sɛkstɪŋ/

(n.) "The term stands for a combination of sex and texting. Sexting is the act of sending sexual text messages." [31]

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31. <https://www.webmd.com/sex/what-is-sexting>, accessed October 18, 2022.



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sexual abuse

/'sɛkʃuəl/ /ə'bju:s/

(comp. n.) It is an unwanted sexual act in which the perpetrators use force, make threats, or take advantage of the victims without their consent.



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sexual assault

/'sɛkʃuəl/ /ə'sɔ:l/

(comp. n.) a term that encompasses all sexual offences.
Any act or expression of a sexual nature that occurs without mutual consent.



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sexual bullying

/'sɛkʃuəl/ /'buliŋ/

(comp. n.) "... any form of bullying based on person's sexuality or gender" [32]

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32. <https://oxfordre.com/socialwork/view/10.1093/acrefore/9780199975839.001.0001/acrefore-9780199975839-e-862>, accessed October 18, 2022.



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sexual harassment

/'sɛkʃuəl/ /'hærəsmənt/

(comp. n.) The term includes unwanted sexual advances, requests for sexual favours, and other verbal or physical harassment of a sexual nature.



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trickery

/'trɪkəri/

(n.) ".Trickery is similar to outing, with an added element of deception. In these situations, the bully befriends the target and lulls them into a false sense of security. Once the bully has gained the target's trust, he or she abuses that trust and shares the victim's secrets and private information with a third party or parties." [33]

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33. <https://blog.securly.com/2018/10/04/the-10-types-of-cyberbullying/>,
accessed October 18, 2022.



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trolling

/trɔ̄lɪŋ/

(n.) "A bully seeks to deliberately anger others by posting inflammatory comments on the Internet." [34]

The bully wants to cause a reaction or disruption, or just to have a laugh.

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34. <https://blog.securly.com/2018/10/04/the-10-types-of-cyberbullying/>,
accessed October 18, 2022.



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two-factor authentication

/'tu:/ /'fækətər/ /ɔ:θɛntɪkeɪʃən/

(comp. n.) An additional layer of security is used to ensure that the people attempting to gain access to an online account are who they say they are.



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victim (target)

/vɪktɪm/

(n.) "A person who is the target of violent, discriminatory, harassing, or assaultive behavior by another person." [35]

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35.<https://dictionary.apa.org/victim>, accessed October 18, 2022.



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viral

/'vaiərəl/

(adj.) Something that quickly becomes very popular or well known by being posted on the Internet or passed from person to person by email, phone, etc.



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witness (bystander)

/'wItnəs/

(n.) A person who is not directly involved in the bullying but is present at the violent act.



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