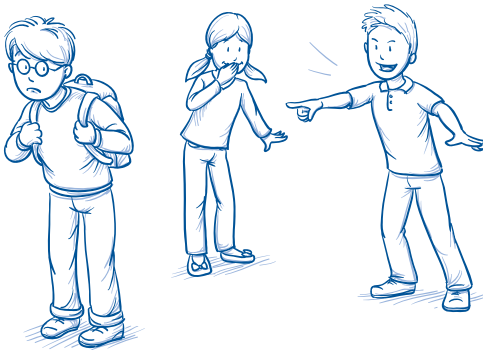




It is important that the actions and the way of dealing with a situation of violence take into account the type of aggression the student is going through.

PSYCHOLOGICAL VIOLENCE



It is any action that damages your self-esteem, your identity or your proper emotional development. For example: constant insults, humiliation, failure to recognize successes, ridicule, manipulation, threats, exploitation, comparisons, isolation, among others.

What to do:

- Ask your tutors for support, do not try to solve the problem by yourself.
- Don't look for the aggressor, and don't confront them, it is important to walk away and ignore the attitude of the person who is attacking us.
- Tell your parents what's going on. Don't remain silent, no situation of violence is justifiable.
- Don't believe their threats. Remember that they want you to be quiet and the aggression to continue.

SCHOOL HARASSMENT (BULLYING)



It is a type of violence characterized by intentional occurrences of harassment, disrespect, and verbal, physical, or psychological abuse repeatedly perpetrated by one or more students towards one student, with the purpose of intimidating, excluding, or discriminating against them, thereby violating the student's dignity and their right to enjoy a school environment free of violence.

PHYSICAL VIOLENCE

Any action involving the use of force (whether with or without injury) directed to cause some degree of injury, pain or general discomfort; such action is intentional and premeditated.

What to do:

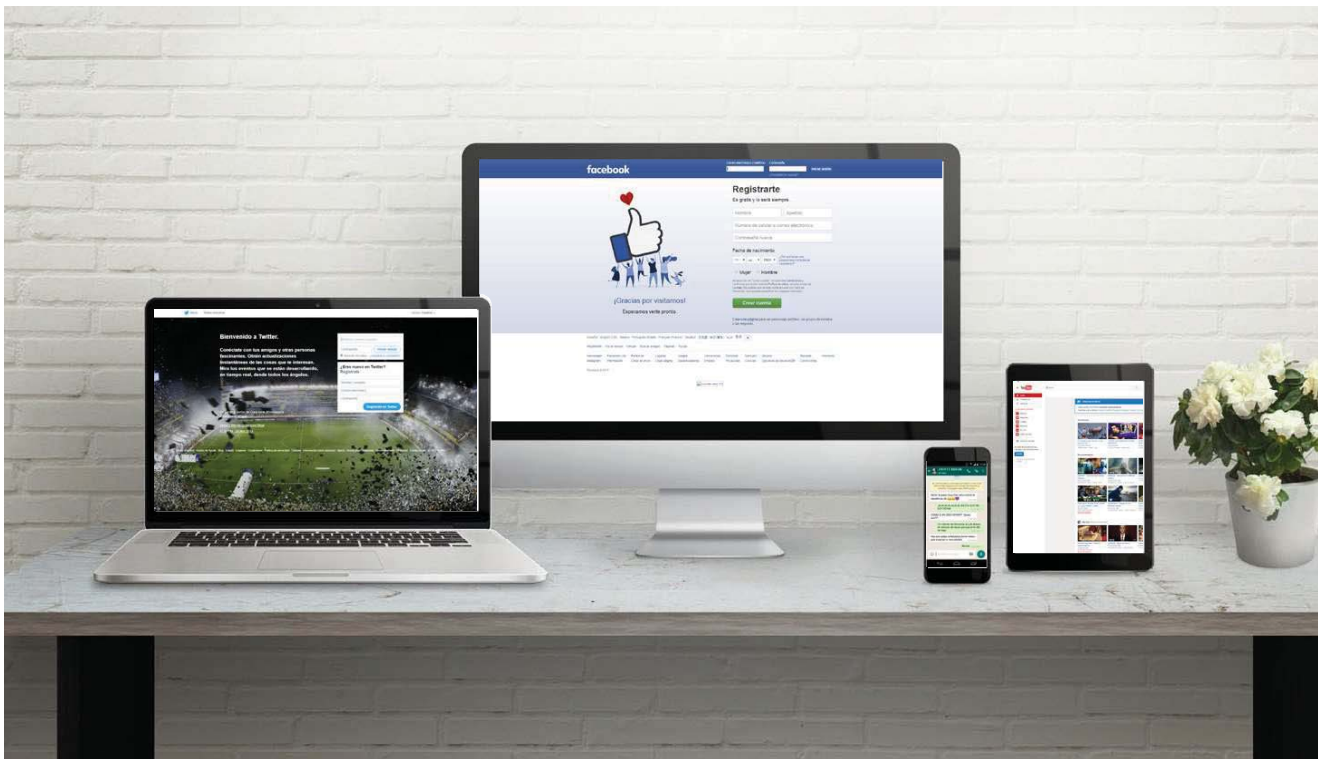
- Tell your parents or a trusted adult what's going on. Don't remain silent, no situation of violence is justifiable.
- Ask for help from your tutor, do not try to solve the problem alone.
- You must be confident that you can overcome this situation with the help of your teachers, parents and friends.
- Avoid walking alone. Try to surround yourself with friends and trusted adults.
- If you've been hit and have wounds or bruises, tell your teachers or parents, seek medical attention.
- If the physical aggression comes from school personnel, go to the nearest Municipal Ombudsman's Office for Children and Adolescents (DEMUNA), police station or Public Prosecutor's Office to tell them what is happening. Go with your parents or guardian.

CYBERBULLYING

Type of harassment through digital media. It is an intentional, psychological, and emotional aggression against a student, perpetrated by a group or individual, through the repeated use of information and communication technologies or electronic and digital forms.

What to do:

- Tell your parents or a trusted adult what's going on. Don't remain silent - no situation of violence is justifiable.
- Ask for help from your tutor, do not try to solve the problem alone
- Preserve evidence of the aggression, whether conversations, photos, comments or offensive messages. Copy text directly or take screenshots.
- Block that contact, don't respond with the same attitude.
- If necessary, and accompanied by your parents, a guardian or a trusted adult; go to a police station, seek help from the Computer Crimes Unit; you can also go to the Public Prosecutor's Office, the Ombudsman's Office or UGEL. You will find support in each of these organizations. Don't stay silent.



SEXUAL VIOLENCE

These are actions of a sexual nature that are committed against a student without their consent or under duress, with or without physical contact. They may consist of acts with or without physical contact as well as sexual exploitation and pornography.

What to do:

- Tell your parents or a trusted adult what's going on. Don't remain silent. Even if it's difficult, keep in mind that it's the best way to end the aggression.
- Ask for help to denounce the aggressor in the nearest police station, Public Ministry, DEMUNA (Municipal Ombudsman for Children and Adolescents), or CEM (Women's Emergency Center).
- If you need medical attention, go to the nearest health center.
- Remember that insinuations, sexual touching, as well as sexual abuse, are considered crimes and there are laws in our country that protect you.
- If the abuser belongs to your school, it is necessary for your parents or guardians to file a complaint with the school or UGEL.

