



**HUMAN
RESOURCE
DEVELOPMENT
CENTRE**



Erasmus+

***„ERASMUS MINUS BULLYING.
PRACTICES IN PREVENTION AND
INTERVENTIONS IN EUROPEAN
SCHOOLS“
E.M.B.***

POE.110

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information contained therein.*

NEED HELP

Терзая се всеки ден
Обичат ли ме в къщи
Ридая нощем
Моите приятели до мен ли са
Още ли ги имам
Защо съм сам?

Nightmares
Every night and
Each day.
Do they love me at home
How to be sure?
Escape or stay?
Lots of firends
Pity to feel alone.



Скъпи приятели,

Призоваваме ви да бъдем
добри и усмихнати!

Да не допускаме агресията,
насилието и грубостта
да влизат в нашите
взаимоотношения!

Да разтворим сърцата си за
доброто, красивото и любовта!

Александра Тонева – 6 б клас

Dear friends,

We appeal to you to be kind and smiling!

Not to allow aggression, violence and rudeness

Penetrate into our relationships!

Let us open our hearts for

Good, beauty and love!

Alexandra Toneva – 6th grade



Когато вляза в час
И видя аз един от нас
Унил, нещастен и сломен
Тогавя нещо се пречупва в мен!

Желая аз да ви помоля,
Не тормозете вий децата моля
Защото чувствам се щастлива
Усмихнати приятели да видя.

Боряна Иванова -5 а клас

When I come in the class
And I see one of us
Dejected, miserable and broken
Then something breaks in me!

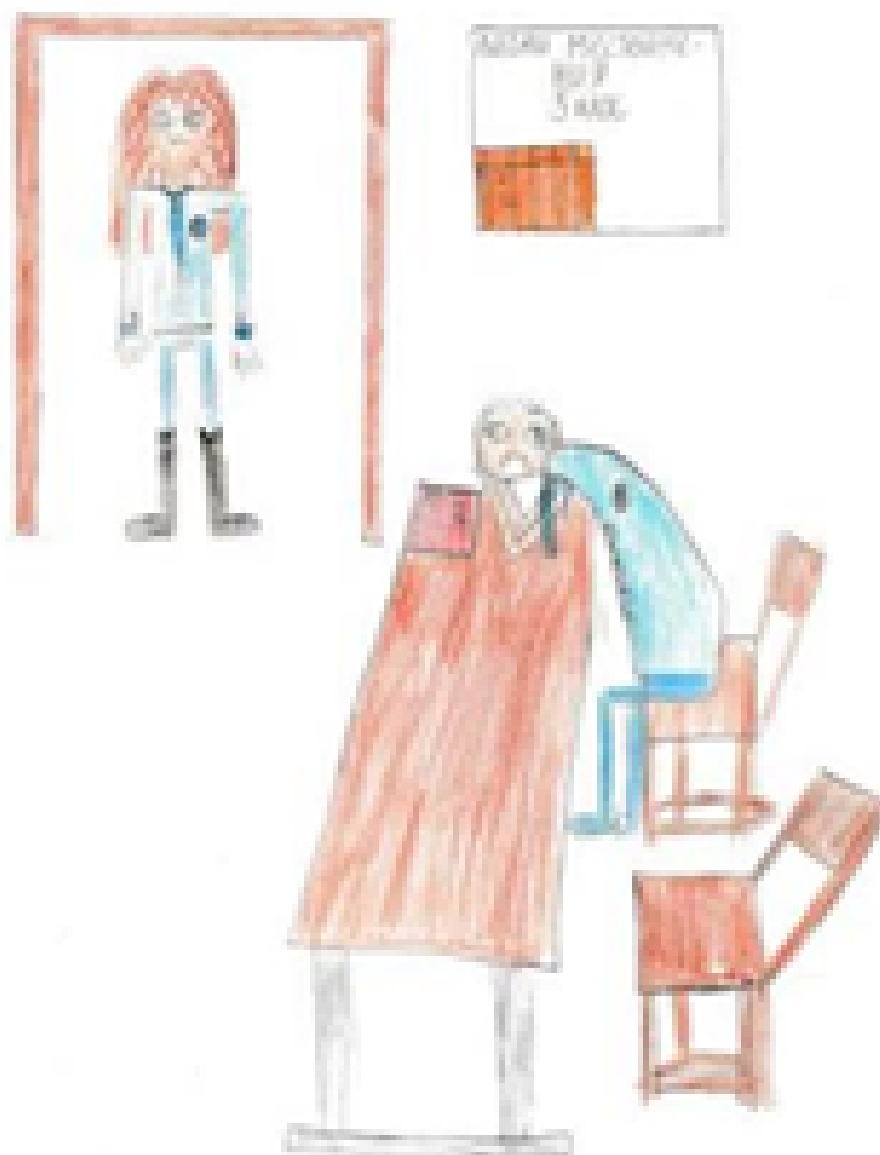
I want to ask you,
Do not harass children, please
Because I feel so happy
When I see my friends smiling.

Boryana Ivanova -5th grade

Когато вляза в час
И видя аз един от нас
Унил, нещастен и сломен
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Защото чувствам се щастлива
Усмихнати приятели да видя.

Erasmus+



For you from me

To tease and to curse,
To bully and to hate,
To hurt and to know
You are doing that
Only to vent your anger.

To look around with vulturous
eyes
To find a victim to torture
This is what you are good at.
Learn how to control yourself
And learn how to live!

Don't make me feel pitiful
Only because I am younger
Don't want tears in my eyes
And have pain in my heart
I refuse to be hurt and feel defeated.
Learn how to live
Start loving
Let us control together
The evil in you,
To make the world better.

От мен за теб

Да обидям и прокълна
Да поругавам и да протина
Да наранявам и да знам
Че провинения ти са
Ли да си изоставам.

Да изглеждам с мои зловещи очи
Да търся жертва за да я се притискам
Защото това е най-добре за мен!
Навярно си да си наобика
Защото трябва да се живее!

Не се надей да изглеждам жалък
Само защото съм младък.
Не искам да обидявам хората си
И да усещам болка и проклетие си
Обидете си със сигурност
И да се чувствате обидени.

Навярно си да се учите
да контролирате да обидите
ноа трябва да научите
защо и защо живеете
за да живеете по-добре от всички си нече!

Димана Желязкова

Dimana Zhelyazkova – 7th grade

THE RIGHT WAY TO FIGHT BULLYING

If someone's bullying you,
What can you do?
Don't act the same way!
To your teacher you should say.

If things don't change
And you are still being bullied,
Please, have patience
And don't shoot bullets.

If someone's bullying you
What can you do?
If things don't change,
Turn to your friends.

Because a friend in need
is a friend indeed.
Things will go right
Remember: Please, Don't fight!

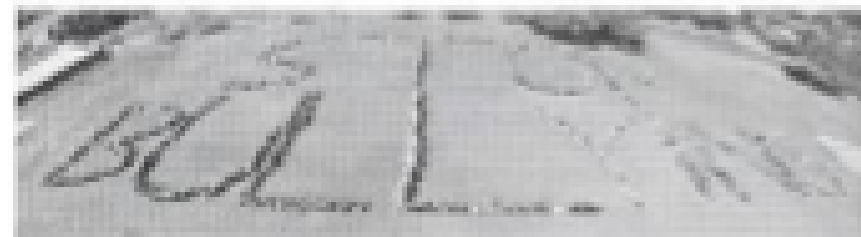
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Dimitar Paskov – 7th grade

"No" to bullying



He is bad who only hurts
He is wrong who always forgives the first one.
Is it good if one offends you,
Makes fun of you and brings you down.

Is it true that you have to forgive
And do you have to suffer?
If you are kind
Will you be returned the favour
Or given the opposite?

Do not become a victim
But stand your ground!
Keep on fighting for your rights
But don't forget to be good!

Doroteya Diyanova – 7th grade

Агресия

Ако агресия се надига,
Извини се,
Няма да спрещиш.
Кажи правилната дума
От теб това се иска.
Мисли преди да говориш
И агресията няма да я има.

Гергана Николова – 3 б клас

Aggression

If you feel nervous,
Say "Sorry"
And you won't make a mistake.
Say the right word
This is what is needed.
Think twice
Before saying something
And thus bullying won't exist.



Gergana Nikolova – 3rd grade

Friendship is endless

Most sacred feeling is friendship.
What someone needs is a kind and loyal friend.
A friend who in difficult moments will be with you
A friend who will do everything for you.
Keep your friendship,
And remember my advice-
that friendship today is infinitely
And will remain so forever.
Always remember friendship
And never betray your friend!
Remember:
Friendship is infinitely
Never forget it!



Christina Trifonova -4 th grade

About the friendship

To trust a friend
and thank him
who gives a hand
and helps in need.

Friendship – this gift from God
Ties us tightly now and forever
Betrayal, insult and lies
Don't have a place here ever.

Commitment, love and kindness
Go side by side

Therefore remember:

Your real friend in need you'll find
You can't buy money a person so
kind.



Hristiana Tsaneva – 4th grade

A poem about friendship

The pure friendship
Is the best of all
To be a trusty friend
At good and evil times.

When in pain
Please, be by me
Give me your hand
And save my soul.

When real happiness
Shines in my eyes
Give me a hug
And celebrate with me.

The pure friendship
is a gift from God
keep it forever
and don't let it go.



Madlen Deleva – 4th grade

Feelings – The Rainbow in the Heavens

Man feels sad when
His friends betray him,
When they ridicule him
Or hurt him.

I wonder why he feels like that?
He may be the man to blame
For the sorrow
Or somebody else may cause it;
But the matter is that without that sorrow
He would not have blamed himself.

Joy,
I wonder why is that feeling unknown?
Man feels happy when
A friend of his in need helps him,
When he himself does kindness
Or caress, embrace and smile
Warm his day.

Happiness is love, tenderness,
Friendship and freedom,
Without which the world
Will wholly fill with sorrow.

I wonder why we feel happy?
Because when kindness reaches us
Or we do so that it reaches another one,
Kindness blossoms out as a flower,
It is passed from one man to another...
And smiles already shine as the sun.

The feeling of sorrow is horrible,
The feeling of joy is beautiful,
Countless are the feelings
Like the rainbow in the heavens.

Miglana Todorova – 6th grade



Poem about bullying

Bullying is a fall,
Violence is fear!
I am a student and dream
To become a great scientist.

Let's be friends in school now,
Tomorrow will be too late if someone is in trouble!

Word is gold
And insult is a knife.
I want everybody
To sleep calmly every night!



Nikoleta Licheva-6th grade

Стоп на агресията

Доброто винаги побеждава злото.

Лошото ти забрави и

Доброто в очите погледни.

Силвия Стоянова – 3 б клас

Stop to the aggression

The goodness always

Wins over the evil.

The evil you forget

And look in the eyes of goodness.

Silvia Stoyanova – 3rd grade



Bullying

Bullying – what is this
Some people know - others not
The ones that know it – poor things
Those unknowing – lucky fellows.
Once you witness bullying
Or in case you are bullied
Don't try to cope on your own
Better tell someone older.
You might also be a bully
And harass the ones
Weaker than you
With manners you hate.
If so, stop now
And think for a while
You may have a problem
Or you're just an idiot.



Siyana Todorova – 7th grade

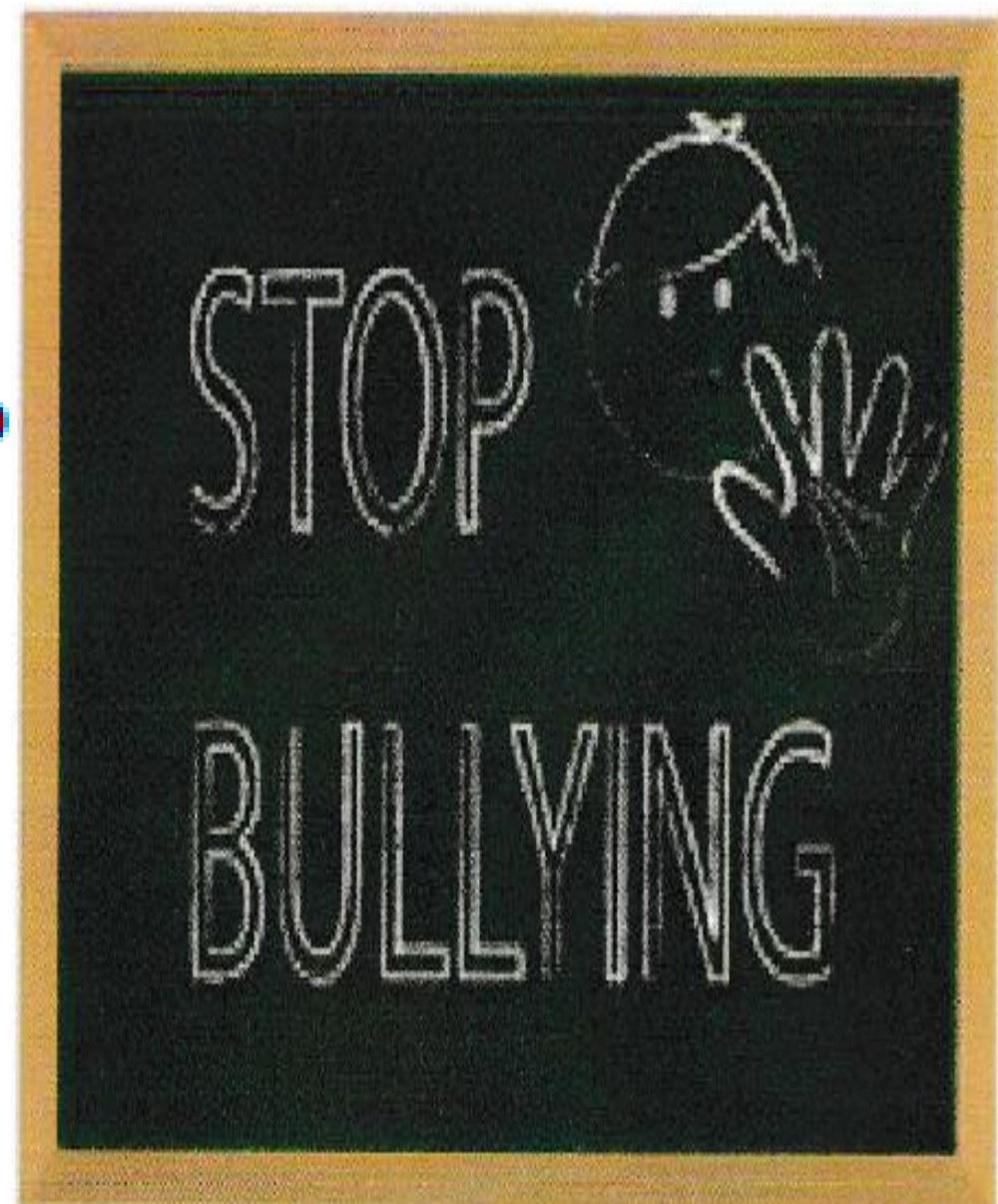
Do not offend,

do not lie,
do not extort
do not steal.

Do not even think
For a moment to be a bad
person
Because violence does not help
but damages does.

Do not offend,
do not lie,
do not extort
do not steal.

Be a good person
without bad thoughts
otherwise it will hurt you,
And you do not want it?



Viktoria and Antonia – 6th grade

Let's say "No" to bullying

When I enter my school
In the morning
I want to see
smiling faces.
With no shadow of fear
In the eyes
of the younger ones
and hatred
inside the older peers.
If we stand together
There won't be any bullying ever.



Zlatan 5 grade



HELP





THANK YOU!
<http://www.souyavorou-varna.com/>