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“BULLYING PHYSICAL AND PSYCHOLOGICAL VIOLENCE BETWEEN 12
AND 15 YEARS OLD”

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GRATITUDE

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SUMMARY

Beyond the definition of bullying as the psychological and physical abuse towards a classmate, it becomes a bad habit that leaves a very big mark to the victim who suffered this act. The problem gets worse when we are aware of what is happening, and we do not have the courage to stop this problem with the authorities and professionals in the field. The most harmed in this environment are the victims, keeping numerous bad memories of their childhood that they have gone through and lived in a negative about the facts they faced which in a certain way brings different consequences, in some extreme cases, suicide. The fear of parents after having solved (possibly and in time) the problem, is also a mark that leaves them insecure of the social circle in which their son lives, with the fear that he will return to suffer problems of this type or even worse, such as the rancor he keep inside to become an abusive person towards other people who show some degree of weakness or insecurity. This phenomenon is characterized by its reiteration from the abuser to the victim, generating more and more intimidation and an image of inferiority on his part.

In certain cases, the degree of difficulty of the situation that de bully applies to the victim come mostly from relevant aspects like social and interfamilial isolation of the victim, or extreme harassment that leads to suicide.

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INTRODUCTION

The following investigation is carried to know the influence and the growth of this phenomenon called bullying, which occurs in the schools on a universal way. Analyzing statistically the causes of why this problem is being searched by investigating its causes and effects, recognizing possible solutions to help with its eradication and at the same time encouraging the adoption of empathy and cooperation in students.

Detailing each area that can be found on this problem, it has been investigated very extensively everything that living in that environment involves, from the education at home by the parents to the consequences suffered by witnesses, victims and relatives.

As it generates critical consequences at a very early age, not only told by internet sources, but also by means of surveys carried out on children between 12 and 14 years old, it was possible to find very strong answers that let us know that they know the reality in which the whole world lives with a problem as serious as this and at the same time so difficult to eradicate.

The purpose of this monograph is to find the causes that motivate students, whether in primary, secondary and even in workplaces, people to cause any abuse of bullying, either to their classmates at school or work, as it had already been mentioned.

It is important to refer to some cases that have occurred locally and globally; cases that have even reached the suicide to people, be victim or the one who causes it, that do not support the media pressure happening around them at that moment causes the nuisance or second consequences.

CHAPTER I

“Bullying, general definition with their main types”

1.1 Definition

The first idea that comes to their mind when someone asks "what is bullying" people think of: physical or verbal abuse towards a classmate. Which is correct, but nevertheless this definition can be deeper. Is it possible to see beyond the harassment and to study with certainty its origin, types, cause-effect relationship that has manifested for a long time in student's environment? This what the first chapter is about, trying to analyze its definition and its types that get to deepen in a certain way; What is the bullying and the types of bullying that unfortunately are unfortunately practiced every day on a worldwide level moreover, making known the effect and even trauma in all the victims and witnesses. It's also necessary to differentiate an argumentative conflict from an act of bullying, since it is only a question of differences of arguments or totally personal interests in specific subjects, contexts or ways of thinking. Personal differences in a classroom are very common at a certain age of adolescence, and it is something that accompanies us for the rest of our lives, but it's in the student ambient that is practiced more and with that, the way to discuss any type of consensus is maturing a measure that the bully feels with more authority before the victim

Bullying is defined as abuse or school mistreatment (where are involved bully, victim and viewers) that can be verbal, physical and psychological, and if it is practiced for a long time

it becomes a habitual act. Its etymological origin comes from the English language "Bully" which refers to the verb harasses or intimidate, it can also refer to the person who practices it. It is usually practiced at ages 12 to 14 years ... but there are some cases in which it is extended the age and so it can be presented in high schools (inside and outside the classroom) as well as in social networks (cyberbullying).

The cases of this phenomenon manifest themselves as abuse and authority of the bullies towards the victims. Creating thus; bullying becomes the main concern of parents towards their children, so it has been determined that it is important for parents to get communication and interpretation of attitudes and actions by their children.

From the theoretical point of view "The variables that influence antisocial behavior in schools should perhaps be family variables outside the educational institute."
(Ortega, 1995, 1996 and 1997).

According to studies and statistics, it is determined that 7 out of 10 students at the end of their school years admit to having been victims of an act of bullying. This phenomenon usually affects younger children, being caused by one or several classmates in the environment in which they develop academically or virtually. It is an almost impossible to find a case where we find an act of bullying by a teacher or authority towards a child, in physical bullying we can find how the attacker assault with shoving, kicking and even beating the victim. However, in the psychological and / or verbal abuse, the mains effects generate threats, self-consciousness, annoyance and even anxiety, with results way too similar to a cyberbullying.

Discriminatory acts can occur by religious, physical, socio-economic and even sexual gender or geography which the victim comes from. Bullying is a worldwide phenomenon that affects many of the countries, whether they are from the first world or third world, being this problem one of the causes of suicide at an early age. However, there are cases of this problem that are communicated in time to the parents of the victim and strictly serious measures are handled both for the representatives of each of these individuals (the victim and the harasser), environment classmates and second witnesses.

1.2 Main types and the way they act

Bullying has different ways of presenting itself, but always with the main aim of attacking the victim in a negative way whatever the scope is. That's why it will be explained through studies and research how bullying is classified and how it is applied in victim's life by the different means it has.

"Until now, 6 types of bullying have been typified, frequently giving situations of several types of harassment against the same victim for a long time: months, a whole school year and even several years." (Gabarda, 2018, p 4)

Reiterating what it has been said in the first paragraph, the types of bullying has the objective to attack the victim in different ways, generating anxiety and self-consciousness in their daily lives.

- Type of bullying No.1: Physical bullying

Being this type bullying one of the most common, it affects the body of the victim including shoving, hitting, biting, and generally fighting causing effects on the body such as bruises, irritations or squabbles in the part of the body that was affected. According to the age and its development, the technique of aggression is evolving towards the sufferer, becoming fiercer and impulsive.

- Type of bullying No.2: Psychological Bullying

This model aims to blackmail, denigrate, manipulate and threaten the victim by doing acts that go totally against their will. Allowing the bully to control victim's life, causing them to reduce their self-esteem by generating school or social oppression, in which he will grow; The Infantile Disintegrated Syndrome (also known as the Heller's Syndrome) can be generated.

- Type of bullying No.3: Verbal Bullying.

Verbal bullying is characterized by the repeated use of insults, nicknames, ridicule, facts (proactively false) towards the victim, this type of bullying is linked to psychological bullying as it generates a degree of insecurity in the victim. The cause of this type of bullying can be cultural, socio-economic or by place of birth.

- Type of bullying No.4: Sexual Bullying

It develops by sexual induction or impure acts without the consent of the victim. It can manifest both physically and technologically. What does it mean ?,it means that they send text messages with sexual phrases via anonymous, showing multimedia files of private parts to send them to the victim creating discomfort with herself, this act is also called sexting.

- Type of bullying No.5: Social Bullying

Surely it is the most common among all other types of bullying, it is seen daily because it excludes the victim of various activities whether inside or outside the school. Being the bullies indifferent to the victim and apply a form of direct communication, treating them as objects and ignoring their presence or existence in the place where they are.

- Type of bullying No.6: Cyberbullying.

Nowadays, the world generates new forms of communication and technology for all inhabitants, but the problem is when people (in this young teenagers) misuse the Internet and take advantage of this means of communication to assault the victim with threatening messages, offenses and fear in an anonymous way. Trying to hurt them in a way that the parents of the victim (or witnesses) do not realize, that is; as out of reach as possible.

CHAPTER II

“How is it developed? Which are their consequences?”

2.1 Development of the phenomenon

To know the development of bullying, and the person who generates it, people need to analyze it from different essential areas that occur in their lives. In order to find its origin, it is necessary to study its causes, where and why it arises, with what purpose they do it and what the stalker feels when it causes harm to its victims.

Many factors are involved in the origin of this phenomenon and in its development, but the home is known as the main cause of this problem, and it comes involuntarily from the attention of parents to their children.

"The fact that a child harasses, and assaults others involves many factors, but the main one is the home. If there is a hostile environment in the house, there are no defined rules or respect and both parents and children are physically and psychologically attacked, children grow up understanding violence as common in their lives." (Condori, 2013)

Studies have revealed that if the harasser does not receive attention from his parents, the child is forced to act violently with peers through phases that at first start being a bit harmless so as not to suffer from the lack given by the parents until they gradually become stronger both psychologically and physically.

According to the argument of Sanchez (2010) "If nobody in the home listens to him, the aggressor seeks to fill that gap, how? Forcing his partners to be under his control and if he does not do so, he reproduces the mistreatment, which he once received"

The beginning of this act also arises from the lack of norms in the home and the high level tolerance of the parents for the behavior of their children, leaving them to believe that education and respect are universal for all, making them believe that their behavior is not a problem or it doesn't affect people instead of teaching them that it must have limits.

This is usually how it starts:

It almost always emerges in school, when the harasser begins to bother his victim, who in most cases is characterized as the most shy, and quiet classmate; verbally offending him until the victim feels lonely and bad, while the stalker gets what he wants: intimidation, dominance and growth of his ego, seeing himself as a figure of total respect towards the affected and his classmates.

The harasser determines strong purposes against the victim, while the rest of the witnesses on the part of the harasser, only observe and position themselves for secondary events.

After this, the intimidation against the victim comes, generating insecurity and self-consciousness in their social environment while the rest of the witnesses (also spectators) demonstrate with misunderstandings, some encouraging the harasser, about the event that happened.

The physical and verbal aggressions unfold, leaving the victim paying the consequences, as well as the spectators feeling guilt and impotence.

The degree of aggression is increasing as the harasser seeks new forms of evil to treat the victim, generating low self-esteem and despair. This is when the witnesses begin to realize and choose whether they are part of ignoring the problem or supporting it.

2.2 How it influences in the victim in their childhood

The victim, after being abused in various ways mentioned previously by the bully, suffers the strongest consequences in various areas, like physical and psychological.

"Bullying and the continuous threat of being abused can have physiological consequences. There is evidence that over time this experience may alter the biological responses of stress ... Over time, the wear and tear of these physiological changes may limit the individual's ability to respond to new challenges and puts them at greater risk of physical illness. (Copeland, 2018)

It must be bear in mind that the less support the victim receives; the consequent risk factors affect him more. Victims can also come back to live that hard stage at any time during their student days, even at an adult age at work. The negative effects of this phenomenon we find low self-esteem, insecurity of self and its surroundings, self-consciousness, anxiety, depression and even suicidal thoughts.

The consequences that are linked to the lifestyle of the victim can be:

- **Stress-.**

It can be long and short term; this effect is linked to the anxiety generated to the victim by the events he has suffered. Studies have revealed that the affected person can live with this stress for years if they have not been treated on time and with the appropriate behavior.

- **Social isolation-.**

This arises years after having suffered abuse, for example: the victim if at 12 he suffered bullying, his social isolation can be reflected in his adult life. According to revealed studies, the individual who suffered this abuse at an early age, when he becomes older (when he is 30 years old), carries a pessimistic and unmotivational attitude, having little chance of forming a family, marriage or stable social environment.

- **Suicide-.**

"This is something that has no age, there have seen suicide attempts since the age of five and children who have taken their own lives at age 10." (Rímola, 2014)

This is undoubtedly the consequence of greater magnitude, since the harassment seizes the victim and leads her to make the decision to take her own life mainly due to depression or traumatic histories.

"School bullying is behind a good number of self-caused deaths in adolescents." (Toro, 2017)

"Bullying is already causing death. We have registered 21 suicides in young people between 15 and 24 years old for this cause in the last three years. So far this year, seven suicide attempts in children between 10 and 14 years old." (Anchía, 2014)

Time can be considered a very influential obstacle when looking for help or solution to this problem, because as time goes by, it affects more to the victim either in the long or short term in their development and human growth from his childhood to adulthood, also affecting his family members both mentally and psychologically.

CHAPTER III

“Possible solutions”

3.1 How countries have managed this problem

As mentioned before, bullying is lived in different ways in a universal way; but in each country different events happen and therefore the measures that each country takes to avoid problems are also different. So, we focused on 5 principal countries, the type of bullying each one practiced and how each government has managed it.

We can find in Italy the punches in both men and women, with an average age of 15 years. The Italian government states that during the years 2011 and 2013, several events of physical violence in the country were reflected, alarming parents of a large number of schools; taking as a measure the monthly inspection of education ministers evaluating the teachers and authorities of the schools where the problem is most practiced.

In Japan and South Korea, bullying is present as social exclusion, where it has been found that in an entire class group of classmate's attacks the victim verbally discriminated against for having a different physical appearance to them, either because of racism or other reasons.

The way in which their governments have tried not to increase the statistics of the victims on this problem has been through talks and dynamics with a period very often for boys and

girls of that age teaching them that racism and social exclusion. It is seen as something unacceptable and negative in their culture, reflecting that everything is fair for everyone.

In very important countries such as Canada and the United States it is completely intolerant for one partner to abuse another due to his physical appearance, speech, nationality or culture.

Even though both countries have a high level of aggression, the government does not sit idly by and looks for extreme measures to combat bullying, due to the high consequences that the victim endures. Through the court of justice, they handle the conflict with the aggressor, and analyzing the seriousness of the fact, the educational value in the sanction is questioned.

CHAPTER IV

SURVEYS

4.1 Survey applied

To ensure all the information written about bullying in this research applicable, a questionnaire for 240 children between 12 and 15 years old was asked about bullying, in order to study the degree of knowledge they have about this problem. In the questions we could find assumptions such as their origin, solutions that they would pose, to those who would come for help, etc ... These are the following results:

1.-Which is your gender?

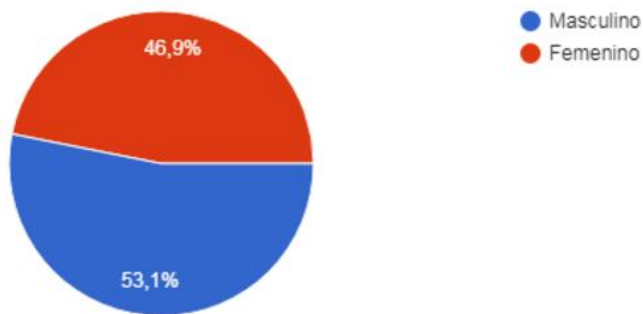


Figure 1 Percentage of gender by students

Source: Survey applied to students on the age between of 12-14 years old

Author: Fiorella Morales Hernandez

Chart 1 Gender of students

Male	53,1%	128 Students
Female	46,9%	113 Students

Source: Survey applied to students on the age between of 12-14 years old

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2. What do you know about bullying?

Average answer: Bullying is something that has an impact on the life of a teenager mostly presented on school, high school or any place where there are students, by saying this could be said to be a nuisance towards an affected person who feels insecure of himself and that over time is increasing if it is not spoken on time or resolved. It causes depression, sadness and makes the student or teenager feel empty, creating distractions for the person who is being bullying. Causing insecurity or uncertainty in making decisions on daily life or makes the teenager an intimidated person for an estimated time. Sometimes a damage can be caused, being a psychological, physical, emotional damage. If it is not controlled by time, it can lead the student or teenager to make unnecessary acts or decisions depending the bullying that is applied by mentioning this suicide, bulimia, or any other consequence of those types. When a person who is being bullied does not tell or comments what is really happening, it tends to be very difficult to detect the problem and by not detecting it, the insecurity and insulation in his or her social environment affects so hard including the family members. The bully does a damage on any teenager for various reasons like hate, envy, or the treatment they receive at home, among others. In this issue the victim or the bully are not only the ones who finish getting affected, but also thirds like family relatives and witnesses from the social circle where bullying is developed.

Source: Survey applied to students on the age between of 12-14 years old

Author: Fiorella Morales Hernandez

3. Have you ever been mocked; whether it's because of your skin color, way of thinking, speaking or other reason at school?

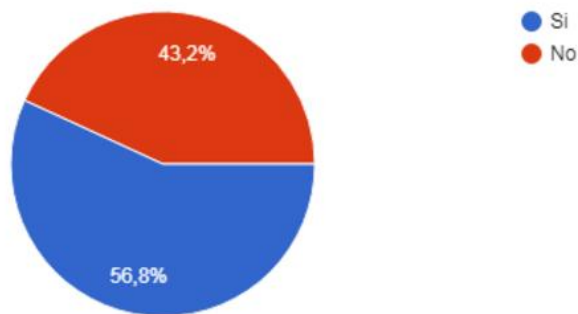


Figure 3. Percentage of students who have been mocked

Source: Survey applied to students on the age between of 12-14 years old

Author: Fiorella Morales Hernandez

Chart 3. Answers for the options between Yes or No

Yes	56,8%	137 Students
No	43,2%	104 Students

Source: Survey applied to students on the age between of 12-14 years old

Author: Fiorella Morales Hernandez

4. Approximately, how many types of bullying do you know?

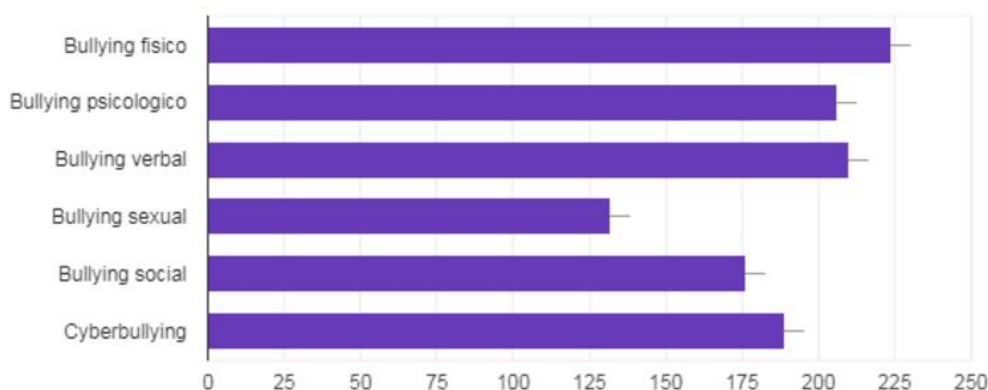


Figure 4. Types of Bullying

Source: Survey applied to students on the age between of 12-14 years old

Author: Fiorella Morales Hernandez

Chart 4. Types of Bullying

Physical Bullying	92, 9%	224 Students
Psychological Bullying	85, 5%	206 Students
Verbal Bullying	87, 1%	210 Students
Sexual Bullying	54, 8%	132 Students
Social Bullying	73%	176 Students
Cyber Bullying	78, 4%	189 Students

Source: Survey applied to students on the age between of 12-14 years old

Author: Fiorella Morales Hernandez

5. Do you know the consequences suffered by victims of bullying? Mention them.

Average answer: Yes. First and most dangerous is suicide, because the victim can't hold so much inner pain from the people who abused him and they feel totally alone, victims usually think that the parents will overreact or won't pay the necessary attention to the

problem because they work and they will not have enough time to pass with their sons generating trust and security between them two, so the child thinks that in any moment the bully will attack him again and could be worst. And the other ones could be depression for feeling not brave enough to defend himself, anorexia or bulimia because of the things that bad kids say to them, mostly the ones that are fat or a little overweight also generating low self-esteem.

Source: Survey applied to students on the age between of 12-14 years old

Author: Fiorella Morales Hernandez

6. If someone intimidates you, which would be the first person you would go to tell him about what happened?



Figure 6. Survey about who would you tell about being intimidated

Source: Survey applied to students on the age between of 12-14 years old

Author: Fiorella Morales Hernandez

Chart 6. Numbers of students

Friends	17,8%	43
Students		
Parents	54,8%	132 Students
Teachers	7,1%	17 Students
No one	20,3%	49 Students

Source: Survey applied to students on the age between of 12-14 years old

Author: Fiorella Morales Hernandez

7. Have you ever observed a partner of yours who has been a victim of bullying? What has been or would be your reaction?

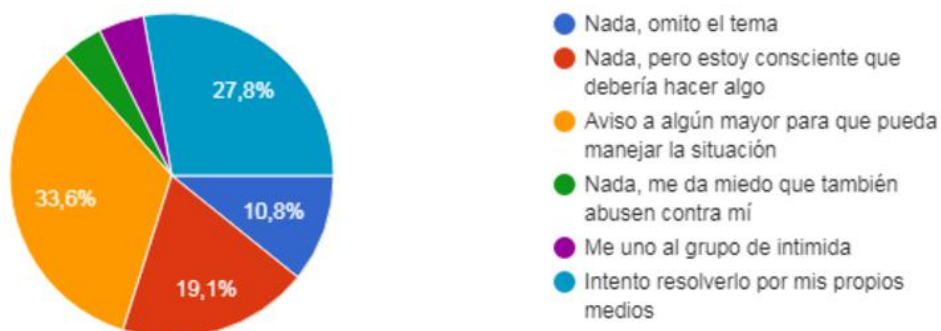


Figure 7. Reaction about seeing a victim of bullying

Source: Survey applied to students on the age between of 12-14 years old

Author: Fiorella Morales Hernandez

Chart 7. Numbers of students that observed

Skip the Situation	10, 8%	26 Students
Conscious of doing something	19, 1%	46 Students
Notify a grown up	33, 6%	81 Students
Fear of receiving the same abuse	4, 1%	10 Students
Join the intimidating group	4, 6%	11 Students
Try and solve on my own	27, 6%	67 Students

Source: Survey applied to students on the age between of 12-14 years old

Author: Fiorella Morales Hernandez

8. What solution would you propose to reduce or eradicate bullying in schools?

Average answer: First of all, analyze the behavior of the students through a psychologist or trustworthy authority every certain period of time. Then conduct follow-up and group talks among all students or meetings with their parents and special psychologists that have studied this problem deeply, making them aware that there are different ways to fight against this and reducing it slowly if they dedicated the work that is required, both educational institutions and themselves. The dynamics at home that encourage trust between father and son is also a good way to improve the attention and relationship between them. Making them sure of themselves and the people who watch over him. Without fear of going through those bad times alone. The best solution comes from the house and the way of educating parents, both for the victim and for the bully.

Source: Survey applied to students on the age between of 12-14 years old

Author: Fiorella Morales Hernandez

4.2 Analysis of the applied survey

After analyzing each of the surveys statistically, it was concluded that most of the respondents were male. Nevertheless, females also know about this topic, what involves, who are affected, their consequences and they do have knowledge of three cases of bullying in particular: physical, psychological, and cyberbullying. And that they are aware to what degree of harassment the victim may suffer. The answers showed by the survey demonstrate that the level of trust they had with their parents is high enough to tell them if they are going through a problem of this nature, but that they would also try mainly to solve them through themselves, then resorting to authorities or legal representatives. Also reflects how many of the teenagers who responded the survey said that they were abused mostly by the psychological, verbal and cyber bullying. Making them feel insecure around their friends and parents. It's a must to apply these types of sampling on a theme so hard like this one is, because it shows the truth of the people who has lived these aggressions and the ones who would stop them.

CONCLUSIONS

I can conclude this research by demonstrating the influence and growth of this phenomenon that has been happening in schools for many years, and that has not yet been completely eradicated, but it is not impossible if some type of census is done in schools worldwide, little by little treat both characters: abuser and victim.

Even though reducing it is not an easy task, it is not impossible to fulfill. Encouraging the adoption of empathy and aid cooperation in students.

That before the situation of abuse between peers or adolescents today, there is an urgent need to train all those who are influential in the problem, including witnesses, about this phenomenon and the characteristics that this entails, especially the psychological affection it produces and some irreversible and collateral damage that can occur in the affected and in the family and school environment around him. Not going so far that only in our own city and even in the schools we go at there are many campaigns against bullying. Some schools know how to manage it and increase respect more than in others, but it's so hard to combat it.

Self-esteem is a very important element when preventing bullying, if it is to use self-esteem as a factor of protection and safety at the same time; the presence of bullying could even be absent.

RECOMMENDATIONS

It is advisable to continue investigating this issue and not only that, but also be willing to help people and witnesses who have gone through bullying. It is not just about seeing the problem and omitting it, because we can never contribute anything in the least.

For the community in general: not to be silent, it is one of the worst mistakes that the human being can commit; for the simple fact of believing that people do not like our perspective is not a reason for us to stop being ourselves.

To the authorities, teachers and psychologists of various schools in Ecuador and in the world to continue analyzing the official origin of this problem that generates very serious and critical consequences. Thus, also helping to foster faith and self-confidence to the victims who suffer it so as not to reach extreme measures.

Students become aware of the world in which we live, where technology can be a double-edged sword, if we do not know how to use it in moderation, I say this because there have been cases in which bullying is hidden by means of a publication in violation of the Privacy of any person and through social networks goes viral and comments is something that will never be missing. To make aware that we are all human and have feelings, to help those who need it and to search with more depth all that covers a problem as big as what is bullying.

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