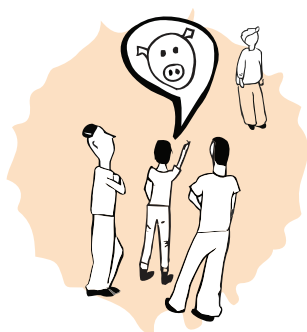


What is bullying?

Bullying can be any repetitive action performed by a person or group with the intention of making another person feel sad, angry, anxious or fearful.

What are the forms of bullying?

Bullying can take many forms; it can be:



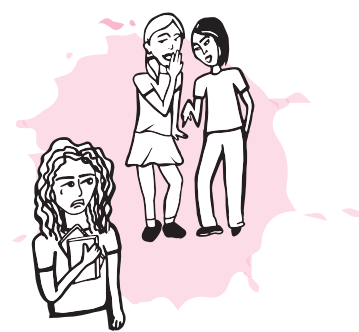
Verbal

- name calling
- insults
- teasing
- taunting
- spreading rumours
- threatening to hurt someone



Physical

- hitting
- kicking
- tripping
- pinching
- pushing
- spitting
- breaking someone's things



Emotional

- leaving someone out on purpose
- laughing at someone
- mimicking someone in a mean way
- making fun of someone
- trying to put someone down and make them feel bad about themselves

Where can bullying happen?

Bullying can occur anywhere. It can happen:

In school – during, before or after school hours or at break and lunchtimes.

Outside of school – on the way to and from school, in your neighbourhood and at playgrounds.

Online – Internet, text messages, emails, Snapchats, social media, sending pictures of others on your phone. These are all types of bullying that can happen online. This is called Cyberbullying.

