

4 TYPES OF BULLYING

Physical Bullying

- ⊘ Stealing or destroying someones property
- ⊘ Hitting, Kicking, slapping, pinching, spitting, tripping, pushing, blocking.
- ⊘ Touching someone in an inappropriate manner
- ⊘ Making rude hand gestures

Verbal Bullying

- ⊘ Name calling
- ⊘ Inappropriate sexual comments
- ⊘ Insults
- ⊘ Intimidation
- ⊘ Teasing
- ⊘ Threatatening to harm
- ⊘ Taunting
- ⊘ Homophobic or racist remarks

Social Bullying

- ⊘ Damaging someones reputation
- ⊘ Lying and spreading rumours
- ⊘ Leaving someone out on purpose
- ⊘ Controlling peoples friends
- ⊘ Embarrsing someone on purpose in public

Cyber Bullying

- ⊘ Posting/sending hurtful images, texts, emails, posts or videos
- ⊘ Imitating someone online by using their log in details
- ⊘ Spreading rummours/gossip online
- ⊘ Making online threats

