

VERBAL Bullying



SOCIAL Bullying



PHYSICAL Bullying

Lying & spreading rumours
 Leaving someone out on purpose
 Telling others not to be friends with someone
 Embarrassing someone in public
 Damaging someone's social reputation or relationships

CYBER Bullying

Posting/sending hurtful texts emails or posts, images or videos
 Making online threats
 Imitating others online or using their log-in
 Deliberately excluding others online
 Spreading nasty gossip or rumours

Name calling
 Insults
 Teasing
 Intimidation
 Homophobic or racist remarks
 Inappropriate sexual comments
 Taunting
 Threatening to cause harm

Hitting, kicking, pinching
 Splitting
 Tripping/pushing
 Taking or breaking someone's things
 Making mean or rude hand gestures



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