

**Are you the victim
of bullying?**

**Are you being a
bully?**

3 Types of bullying

- 1. Verbal bullying**
- 2. Social bullying**
- 3. Physical bullying**

1. Verbal bullying - saying or writing mean things.

This includes:

- **Teasing** – Making fun of the way someone looks.
- **Name calling** – calling someone a name because of their looks, characteristics or handicap.
- **Taunting** – Picking on someone because they are different from you.
- **Body shaming** – Inappropriate comments of a personal nature.
- **Threatening** to cause someone harm.

2. Social bullying - Sometimes referred to as relational bullying. Involves hurting someone's reputation or relationships.

Includes:

- Leaving someone out of events/activities on purpose.**
- Telling others not to be friends with someone.**
- Spreading rumors.**
- Embarrassing someone in public.**

3. Physical bullying involves hurting a person's body or possessions.

Includes:

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

Bullying is not okay

If you are being bullied tell an adult.

Being bullied is not acceptable. It is WRONG!

If you are being a bully; STOP!

Bullying is hurtful.

Bullying will get you in trouble.

Being a bully will cause you to lose friends.