

# VERBAL Bullying

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



# SOCIAL 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



# PHYSICAL Bullying

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



# 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



**tell someone!**



**SEE Something**

**SAY Something**



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ON THE PHONE,  
ANYTIME**

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