

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

childline

ONLINE, ON THE PHONE, ANYTIME

childline.org.uk
0800 1111

#OneKindWord

