



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



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



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



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



TEXT  **TEAMMATE**
T.A.M.H.I

85258

here for you 24/7
shout



tell someone!



SEE SOMETHING

SAY SOMETHING

childline

ONLINE,
ON THE PHONE,
ANYTIME
childline.org.uk
0800 1111

 **COMMUNITY FUND**
www.tamhi.org



End Bullying Now!

#ONE KIND WORD

 **T.A.M.H.I**
MENTAL HEALTH CHARITY
www.tamhi.org