

VERBAL Bullying

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



PHYSICAL Bullying

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

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



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



TEXT TEAMMATE

85258

here for you 24/7



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

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