

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
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.**
www.tamhi.org