

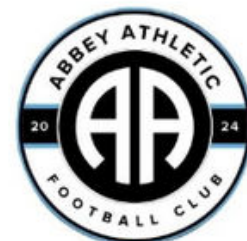


Name calling
Insults
Teasing
Intimidation
Homophobic or racist remarks
Inappropriate sexual comments
Taunting
Threatening to cause harm

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



SAY SOMETHING

childline

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



End Bullying Now! #ONE KIND WORD

