



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



85258

here for you 24/7



SAY SOMETHING

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End Bullying Now! #ONE KIND WORD

