



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



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 ON THE PHONE,
 ANYTIME**
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#ONE KIND WORD

