KNOW WHAT IT IS

What is bullying?

Bullying is when someone hurts or upsets another person on purpose, again and again, and it is hard for that person to make it stop.



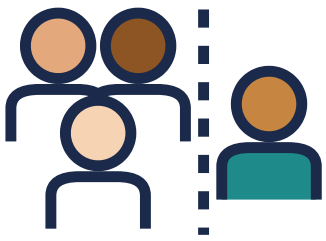
Physical

Hitting, kicking or pushing, or taking or breaking someone's things.



Verbal

Name-calling, threats, or nasty comments about who someone is.



Social

Leaving someone out on purpose, spreading rumours or turning people against them.



Online

Mean messages, posts, photos or group chats on phones, games and apps.

Bullying is never OK. If it is happening, tell someone.