KNOW THE SIGNS

Is it bullying?

Bullying is behaviour meant to hurt someone, repeated over time, with an imbalance of power that makes it hard to stop.



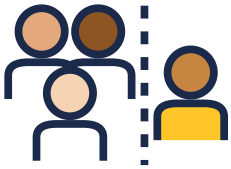
Physical

Hitting, pushing or tripping someone, or damaging or taking their belongings.



Verbal and emotional

Insults, threats, humiliation or constant put-downs, including about someone's identity.



Social

Deliberate exclusion, rumours or turning friends against someone.



Online

Abusive messages, group chats, fake accounts or sharing images without consent.