

**TYPES OF BULLYING**

**#BEKIND**



**PHYSICAL BULLYING**

Physical bullying involves the use of someone's body or an object to inflict harm. **This includes but is not limited to:** Hitting, kicking, tripping or pushing a person or damaging their belongings.

**VERBAL BULLYING**

Verbal bullying involves using words to deliberately make someone else feel hurt, scared or ashamed.

**This includes but is not limited to:**

Name calling, teasing, threatening, making inappropriate comments of any nature or making discriminatory remarks.



**SOCIAL BULLYING**

Social bullying involves deliberately trying to affect someone's relationships or reputation in a negative way.

It is designed to humiliate the people you are aiming to hurt.



**This includes but is not limited to:**

Spreading rumours, lying, sharing private information, mocking and preventing others from interacting with them.

**CYBERBULLYING**

Cyberbullying involves the use of technology to target and harass somebody.

**This includes but is not limited to:**

Verbal and social abuse, online threats, aggressive messages of any kind (including texts, tweets, posts and messages).

It can also involve posting personal information, pictures and videos that are intended to cause harm or humiliate someone.

