



## WHAT IS BULLYING

Bullying is when a person is picked on over and over again by an individual or group with more power, either in terms of physical strength, or social standing.

## TYPES OF BULLYING

### *PHYSICAL*

- Shoving.
- Tripping.
- Punching.
- Hitting.
- Sexual assault.



### *PSYCHOLOGICAL*

- Verbal insults to put themselves in charge.
- Threatening.
- Gossiping.
- Taunting, teasing.
- Yelling at you.
- Breaking or taking your possessions.

### *VERBAL/CYBER BULLYING*

- Sending cruel text or email messages.
- Posting insults on internet.
- Sending harassing texts or email.
- Posting information or videos designed to hurt or embarrass someone else.





## STEPS TO STOP BULLYING AT SCHOOL

- Use the Buddy System.
- SPEAK UP if some-one is being bullied.
- Go tell a teacher or coach when bullying is happening.
- Let your parent know and let them speak up for you.



### *SIGNS THAT SOMEONE IS BEING BULLIED*

- Act differently than normal.
- Seem anxious.
- School work suffers.
- Illness, diarrhea, headaches.
- Can't concentrate.
- Not eating/or eating more than usual.
- Not sleeping or sleeping too much.
- Moodier.
- Easily upset.
- Avoid certain situations—like the bus.

### *BULLY SURVIVAL TIPS*

- Ignore the bully and walk away; go to safe place around other people or a teacher.
- Block them from texting or calling you.
- Block them on social media.
- Don't get physical.
- Hold your anger at the moment and go talk to someone.
- Find true friends.
- Practice confidence.
- TALK ABOUT IT -- find a trustworthy adult that can help!!