

4 TYPES OF BULLYING



PHYSICAL bullying

hitting, kicking,
pinching, spitting,
tripping / pushing,
taking / breaking
someone's things,
making mean or
rude hand gestures



VERBAL bullying

name calling,
insults, teasing,
intimidation,
homophobic or
racist remarks,
innapropriate
sexual remarks,
taunting,
threatening to
cause harm



SOCIAL bullying

lying & spreading
rumors,
leaving someone out
on purpose, telling
others not to be
friends with someone,
emabarassing
someone in public,
damaging someone's
social reputation or
relationships



CYBER bullying

posting/sending
hurtfull texts, emails,
images or videos,
making online threats,
imitating others
online or using their
log-in, deliberately
excluding others
online,
spreading nasty
gossip or rumours

