

What is bullying?



It's repeated abuse that can take 4 forms

- ✓ Physical: hitting, spitting, kicking, stealing or damaging belongings
- ✓ Verbal: threats, lying to cause trouble, name calling, racist remarks
- ✓ Social: spreading rumors, social exclusion, humiliation, intimidation
- ✓ Cyber: hurtful messages, emails, posts, images or videos