



Types of bullying



Physical bullying

Hitting,
kicking,
spitting,
pushing,
tripping,
blocking.

Stealing or
destroying
someone's
possessions.

Verbal bullying

Teasing,
insults,
jokes,
taunting,
mean
comments,
threatening.

Commenting
about
someone's
body or
physical
characteristics.

Social bullying

Ignoring,
spreading
rumors,
embarrassing
someone,
lying about
someone.

Sharing
information or
images that
will have a
harmful effect
on the other
person.

Cyber bullying

Making online
threats,
posting hurtful
things,
spreading
comments or
rumors.

Sharing hurtful
texts, images,
videos or
emails about
someone.

