

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.

