

Types of Bullying

- Cyber Bullying
- Physical Bullying
- Verbal Bullying
- Social Bullying



4 Types of BULLYING

PHYSICAL Bullying	VERBAL Bullying	SOCIAL Bullying	CYBER Bullying
Hitting, kicking, slapping, pinching, spitting, tripping, pushing, blocking	Name calling Insults Teasing	Lying and spreading rumors Leaving someone out on purpose	Posting/sending hurtful texts, emails or posts, images or videos
Stealing or destroying someone's possessions Making mean or rude hand gestures	Intimidation Homophobic or racist remarks	Telling others not to be friends with someone Embarrassing someone in public	Making online threats Imitating others online or using their log-in
Touching in unwanted and inappropriate ways	Inappropriate sexual comments Taunting Threatening to cause harm	Damaging someone's social reputation or relationships	Deliberately excluding others online Spreading nasty gossip or rumors online

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