



# WHAT IS BULLYING?

School City of Hobart



# TYPES OF BULLYING

- Physical
- Verbal
- Social/Relational
- Electronic or Written Communication

# PHYSICAL BULLYING

**Physical bullying involves hurting a person's body or possessions.**

- Physical bullying includes:
  - Hitting/kicking/pinching
  - Spitting
  - Tripping/pushing
  - Taking or breaking someone's things
  - Making mean or rude hand gestures

# VERBAL BULLYING

## **Verbal bullying saying mean things.**

- Verbal bullying includes:
  - Teasing
  - Name-calling
  - Inappropriate sexual comments
  - Taunting
  - Threatening to cause harm

## SOCIAL/RELATIONAL BULLYING

**Social bullying, sometimes referred to as relational bullying, involves hurting someone's reputation or relationships.**

- Social bullying includes:
  - Leaving someone out on purpose
  - Telling other children not to be friends with someone
  - Spreading rumors about someone
  - Embarrassing someone in public

# ELECTRONIC OR WRITTEN COMMUNICATION BULLYING

**Electronic or Written Communication Bullying (including all forms of Cyberbullying) is bullying that takes place through the use of written messages or using various forms of electronic technology.**

Examples of Electronic bullying include:

- mean text messages or emails,
- rumors sent by email or posted on social networking sites, and
- embarrassing pictures, videos, websites, or fake profiles.

# BULLYING CYCLE: SOCIAL WORLD

