

Bullying

What is bullying?

Bullying is intentional. A bully wants someone in pain.
Bullying is repetition. In general, bullying is when a person acts like they have more power than another person and does whatever they can to hurt that person.

What are the different forms of bullying?

There are lots of different forms of bullying.
Here are some:

- Cyber bullying – bullying that is done over the internet or on the phone. E.g. sending nasty emails or texts
- Verbal bullying – when someone is bullying you by saying things. E.g. name calling, threats
- Physical bullying – when someone is actually doing something to you. E.g. hitting, hitting and damaging other's property
- Rumor – E.g. spreading nasty rumors or stories about other people

How can it be dealt with?

Bullying can be dealt with in many different ways.
Here are some of the different ways it can be helped:

- Talking a complaint to an adult – this could help because they could get up to the bully and tell to them and help prevent stop getting bullied.
- Talking to a friend who might have told an adult.

You must say something to someone so they can help you to stand up to bullies.