

What kinds of bullying are there?

There are three types of bullying behaviour – physical, verbal and social.

PHYSICAL	VERBAL	SOCIAL (Relational)
<p>Physical bullying involves hurting a person's body or possessions. It includes:</p> <ul style="list-style-type: none">- Hitting / kicking / pinching / spitting / biting.- Tripping / shoving or intimidating another person.- Taking or damaging someone's belongings.- Making mean or rude hand gestures.- Touching another person when they don't want you to.- Being made afraid of getting hurt.	<p>Verbal bullying is saying or writing mean things. It includes:</p> <ul style="list-style-type: none">- Calling someone names.- Teasing someone in a hurtful way.- Making fun of someone.- Being sarcastic in a hurtful way.- Making racially offensive comments about someone and their family.- Rude comments or jokes about someone's religion.- Hurtful comments about the way someone looks or behaves.- Mean comments about someone's body.- Inappropriate sexual comments.- Taunting.- Threatening to cause harm.	<p>Social bullying involves hurting someone's reputation or relationships. It includes:</p> <ul style="list-style-type: none">- Ignoring or leaving someone out on purpose.- Telling other students not to be friends with someone.- Spreading rumours about someone.- Destroying relationships.- Embarrassing someone in public.- Sharing information or images that will have a harmful effect on the other person.- Telling lies or nasty stories about someone to make others not like them.

If any of these behaviours occur only once, or are part of a conflict between equals (no matter how inappropriate) they are not bullying.

Bullying is when these things happen (or have the potential to happen) again and again to someone.

