

DON'T BE A



Verbal Bullying

This includes teasing, name-calling, inappropriate sexual comments, and taunting.



Social Bullying

Often referred to as relational bullying, social bullying happens when someone is trying to deliberately hurt another's reputation. This includes spreading rumours, repeatedly excluding someone, and telling other children not to be friends with someone.



Physical Bullying

This includes hitting, pushing, tripping, stealing possessions, and sexual assault. Boys are more likely

to participate in physical bullying than girls.



Cyber-Bullying

Cyber bullies use the internet (social media, mostly) to target their victims. Rumours and insults can quickly spread through social media, and it's nearly impossible to eradicate them.

If you're being bullied or you know someone else is, make sure you tell an adult about it... they will be able to help you.



