

# IS IT BULLYING?

When someone says or does something unintentionally hurtful and they do it once, that's **RUDE.**

When someone says or does something intentionally hurtful and they do it once, that's **MEAN.**

When someone says or does something intentionally hurtful and they keep doing it- even when you tell them to stop or show them that you're upset, that's **BULLYING.**

# TYPES OF BULLYING

## PHYSICAL BULLYING

Touching someone or something in unwanted or inappropriate ways to intentionally cause harm. This includes repeated:  
Hitting, kicking, slapping, punching, spitting, tripping, pushing, blocking.  
Stealing or damaging someone's possessions.

## VERBAL BULLYING

Using words to intentionally cause harm. This includes repeated:  
Name calling, insults, teasing, intimidation, inappropriate comments,  
taunting, threatening.

## SOCIAL BULLYING

Intentionally damaging someone's reputation or their relationships. This includes repeated:

Lying or spreading rumors, leaving someone out on purpose, telling others not to be friends with someone, embarrassing someone in public.

## CYBER BULLYING

Using technology (a computer, phone, tablet, video game) to intentionally hurt someone. This includes repeated:

Posting/sending hurtful texts, emails, posts, comments, images or videos. Making online threats. Deliberately excluding others online.  
Spreading gossip or rumors online.

# BULLYING IS...

**S**everal

**T**imes

**O**n

**P**urpose

