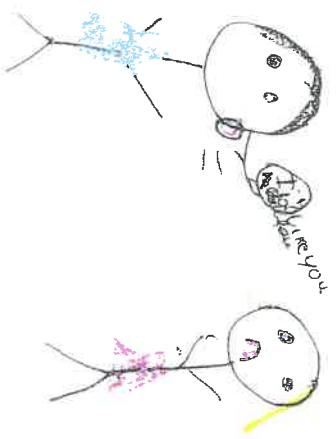


Verbal bullying



Verbal bullying is when people say nasty words. They do it over and over again.

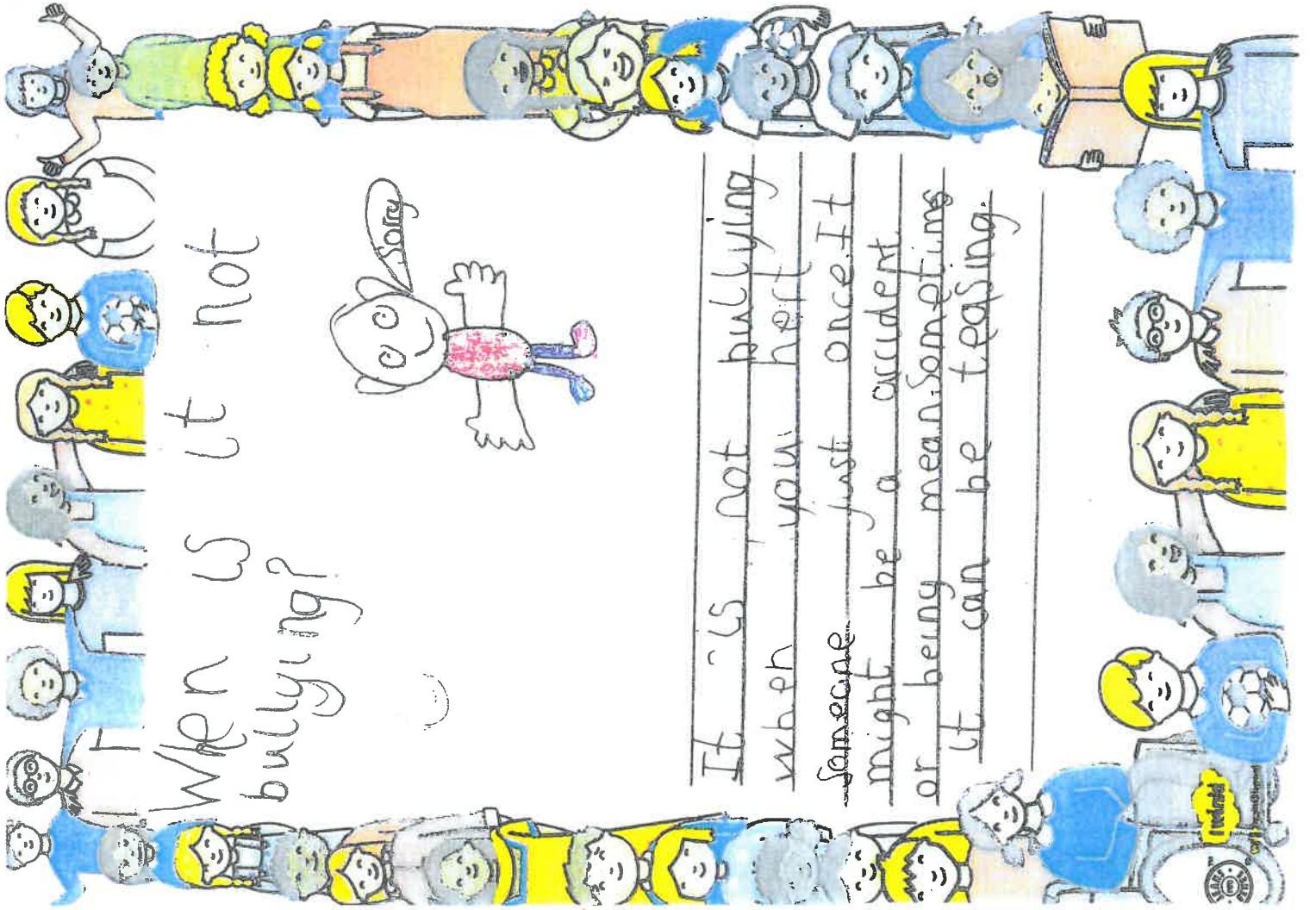
Cyber bullying



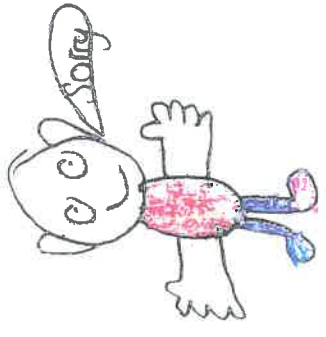
Cyber bullying is when you text someone and you say something not nice on phones or I post it on social media over and over again.



Physical bullying  
 is when you hurt  
 someone's body with  
 your hands and do  
 it again and again.

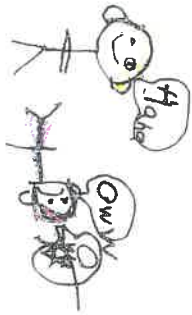


When is it not  
 bullying?



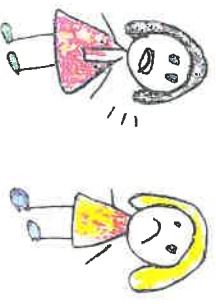
It is not bullying  
 when you hurt  
 someone just once. It  
 might be an accident  
 or being mean sometimes  
 it can be teasing.

When is it bullying?

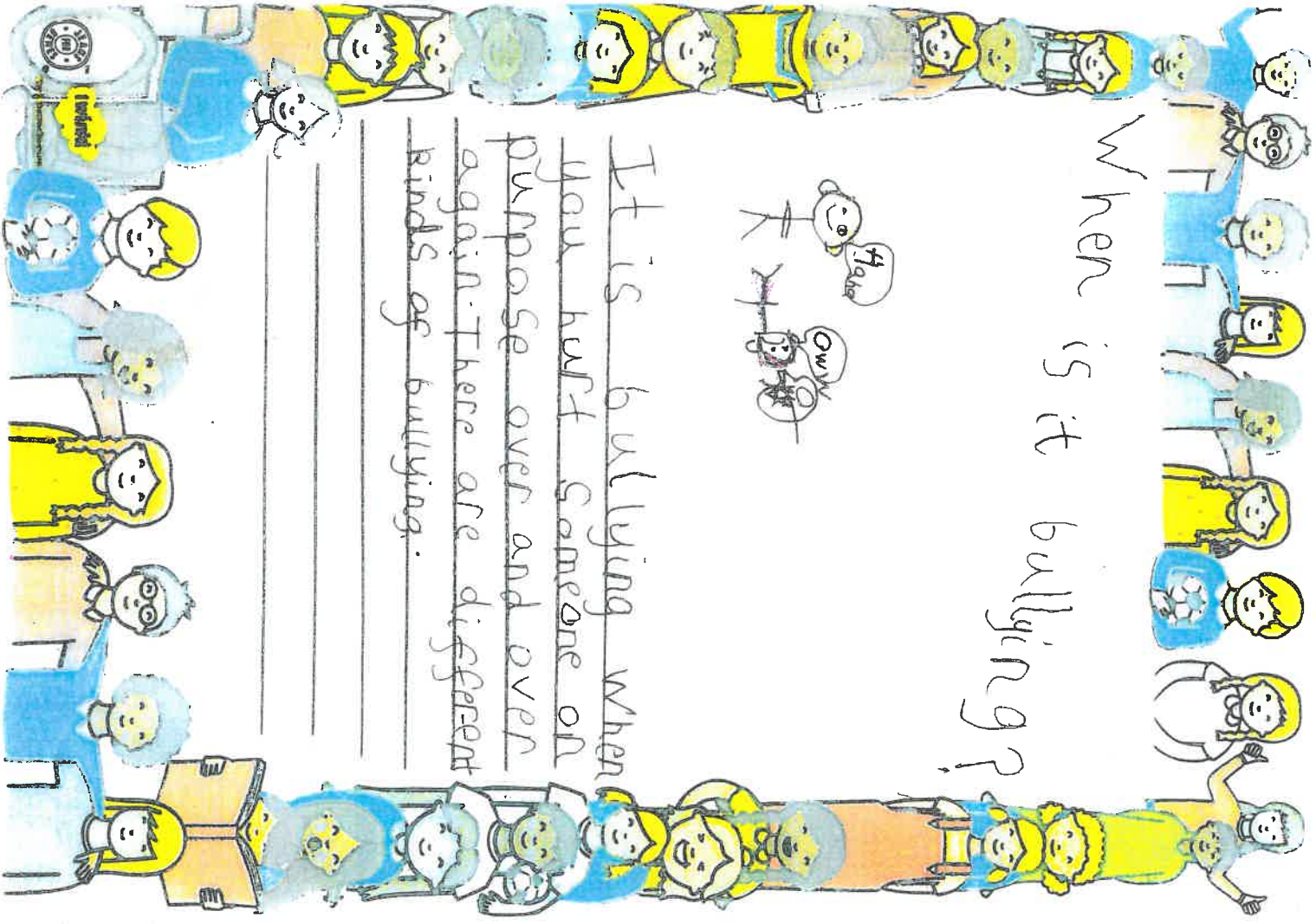


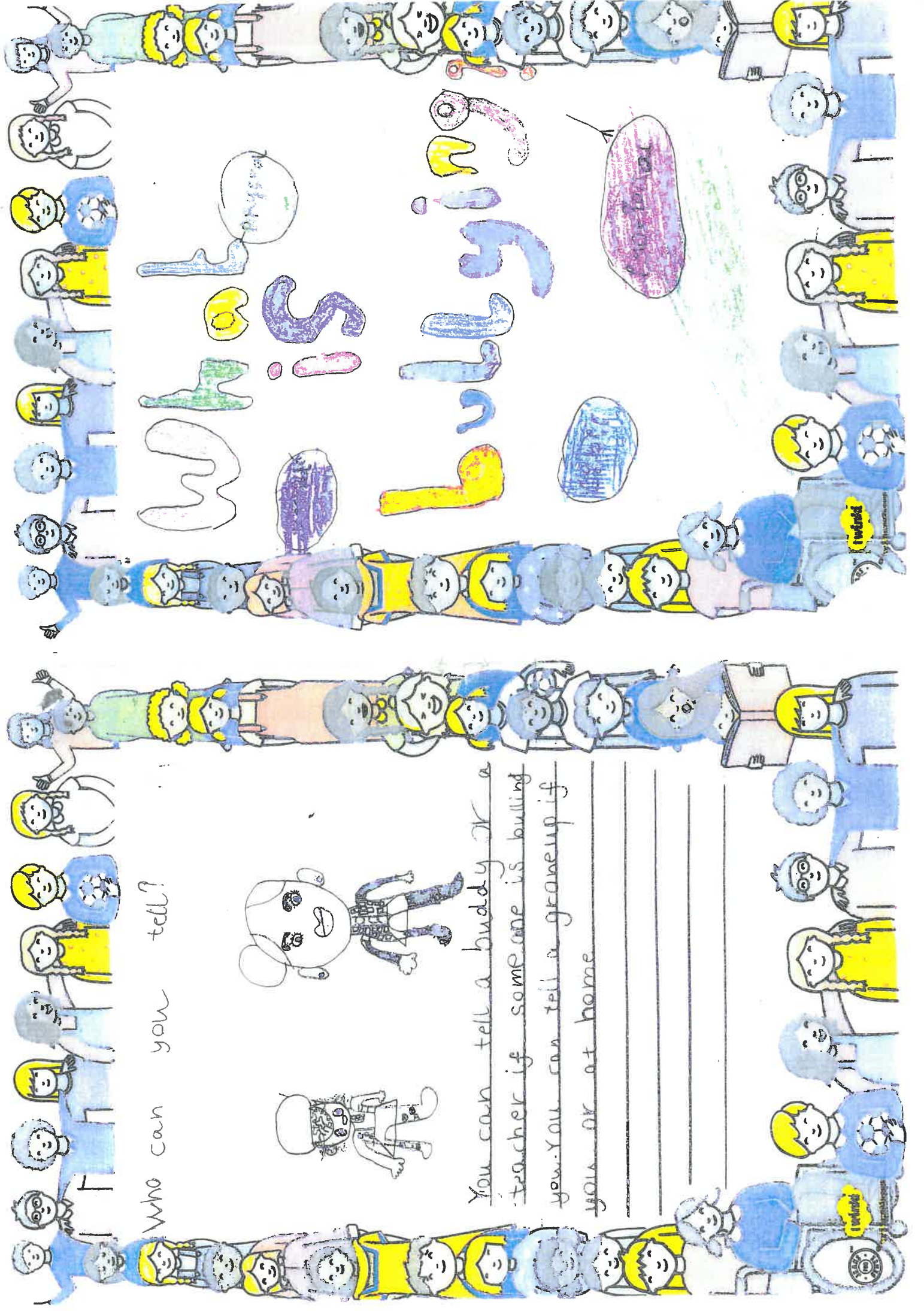
It is bullying when you hurt someone on purpose over and over again. There are different kinds of bullying.

Teasing



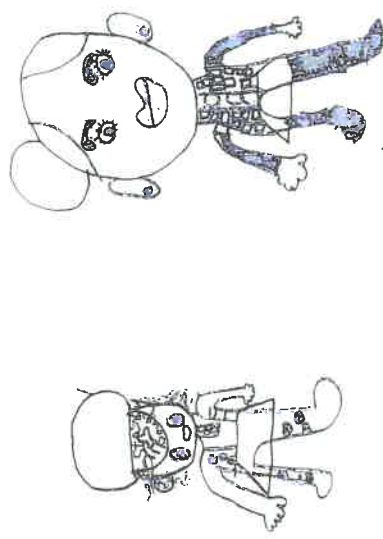
Sometimes teasing can be funny if everyone is laughing. But sometimes it can be mean if the other person is upset.





# Whispering

Who can you tell?



You can tell a buddy or a  
teacher if someone is bullying  
you. You can tell a grownup if  
you are at home