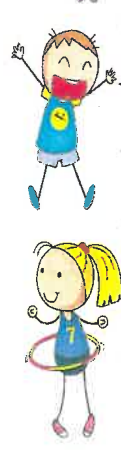


When is it bullying?



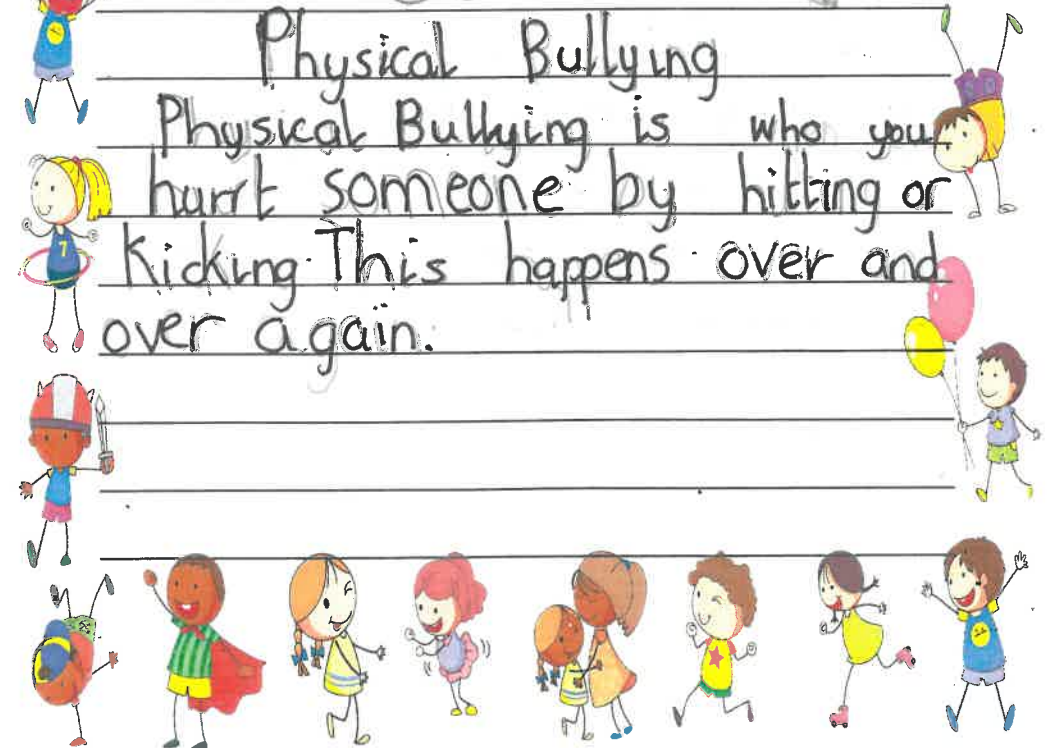
It is bullying when you hurt someone on purpose again and again. It is sad and upsetting if you are bullied. There are different kinds of bullying.





Physical Bullying

Physical Bullying is when you hurt someone by hitting or kicking. This happens over and over again.





Cyber bullying

Cyber bullying is when you are nasty to others online

It can be sending horrible messages by phone or internet.

It happens again and again





Verbal Bullying



Verbal Bullying is when people say unkind and nasty things to someone over and over again.





When is it
not
bullying?

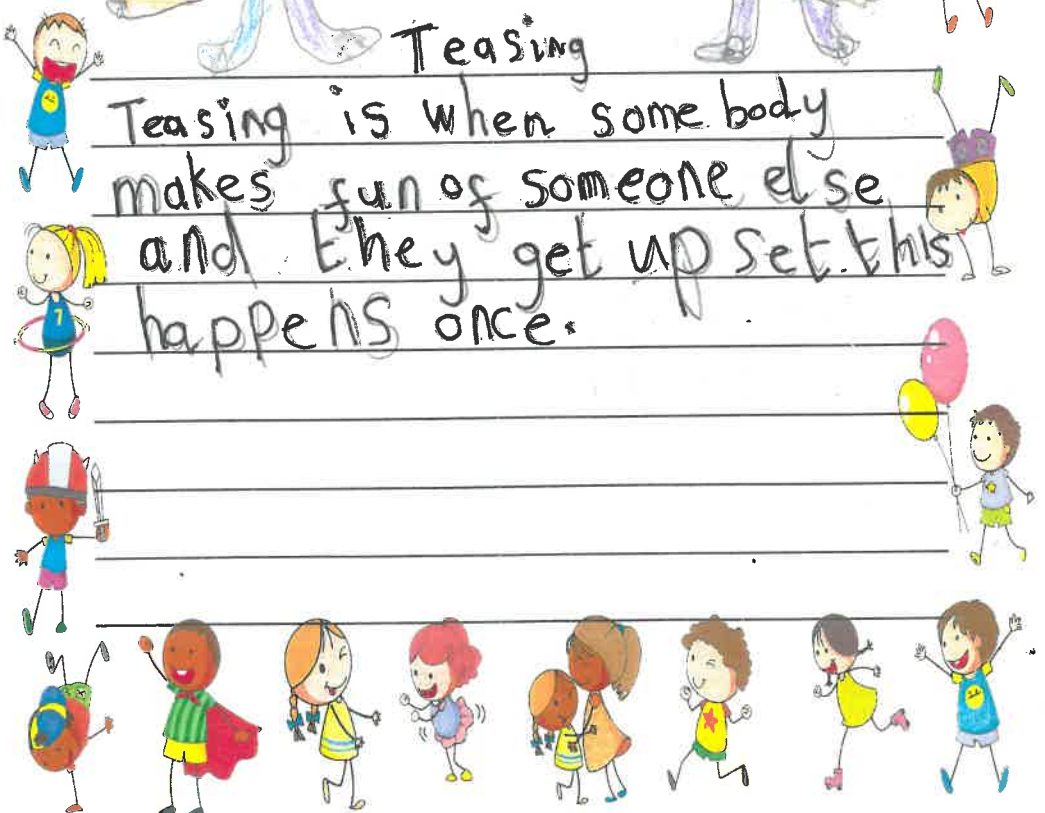
It is not bullying if you
hurt someone by accident or
you hurt someone but say
sorry and never do it again.
Being hurtful can sometimes
be teasing.





Teasing

Teasing is when somebody makes fun of someone else and they get upset. This happens once.





Who can you tell?
If you are being bullied, you
can tell a trusted adult
like your Mam and Dad or
a teacher. In school you could
tell a buddy.

