



Types of Bullying

Did you know there are four different types of bullying?
Give examples of each type of bullying using the examples listed below.



Verbal bullying is saying or writing mean things. Verbal bullying includes:

- Teasing
- Name-calling
- Inappropriate sexual comments
- Taunting
- Threatening to cause harm

Social bullying involves hurting someone's reputation or relationships.
Social bullying includes:

- Leaving someone out on purpose
- Telling other children not to be friends with someone
- Spreading rumors about someone
- Embarrassing someone in public

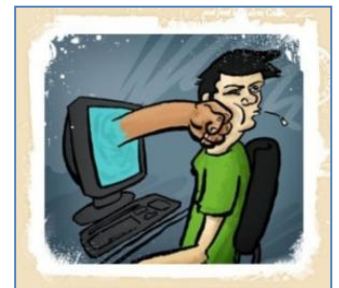


Physical bullying involves hurting a person's body or possessions.
Physical bullying includes:

- Hitting/kicking/pinching
- Spitting
- Tripping/pushing
- Taking or breaking someone's things
- Making mean or rude hand gestures

Cyber bullying is verbal or social bullying done through the internet.

- Emails, Facebook, Twitter, Instagram, Snapchat, etc.
- Are there others?



Each of the four scenarios we discussed was an example of bullying. You can see how bullying comes in many forms. Some are easy to see, while others are a little more difficult to tell.

What do you think "bullying" is?