

Worried about bullying?

What is bullying?

● Aggressive behaviour:

Physical or verbal attack

● Imbalance of Power:

The person bullying is stronger, more popular and able to overpower the victim in many ways

● Repetition:

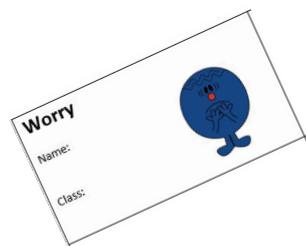
The behaviour re-occurs often

Bullying could come in any of these four ways:

1. **Physical:** This includes threatening, or actually doing the action of hitting, kicking, pushing, and any other physical harm. Others include stealing, hiding or destroying your belongings. Sometimes, you are forced to do things you don't want to do.
2. **Verbal:** This includes calling you names, poking fun at you, teasing, people giggling, insulting and laughing at you each time they see you.
3. **Relationship:** This also includes people refusing to talk, share or allow you to join in games and play activities. Others include spreading lies (or even truths about something bad you did)
4. **Cyber, Internet or Online:** This includes people using the Internet to send you dirty, embarrassing and dangerous messages, intended to cause problems for you.

If you think you are being bullied: Talk to an adult!

Worried about bullying or anything else?



Fill out a worry card in the TAC office to put in the worry monster and you can have time to speak to an adult out of class.

