

# What Is Bullying?

- It is the intention to hurt people emotionally or physically.
- It is an attempt to exert power over an individual through intimidation.



# What Is Bullying Behaviour?

It can be:

Physical: - hitting, punching, kicking

Verbal:- name calling, insults or threats

Indirect: - spreading rumours, leaving people out, demonstrating prejudice.



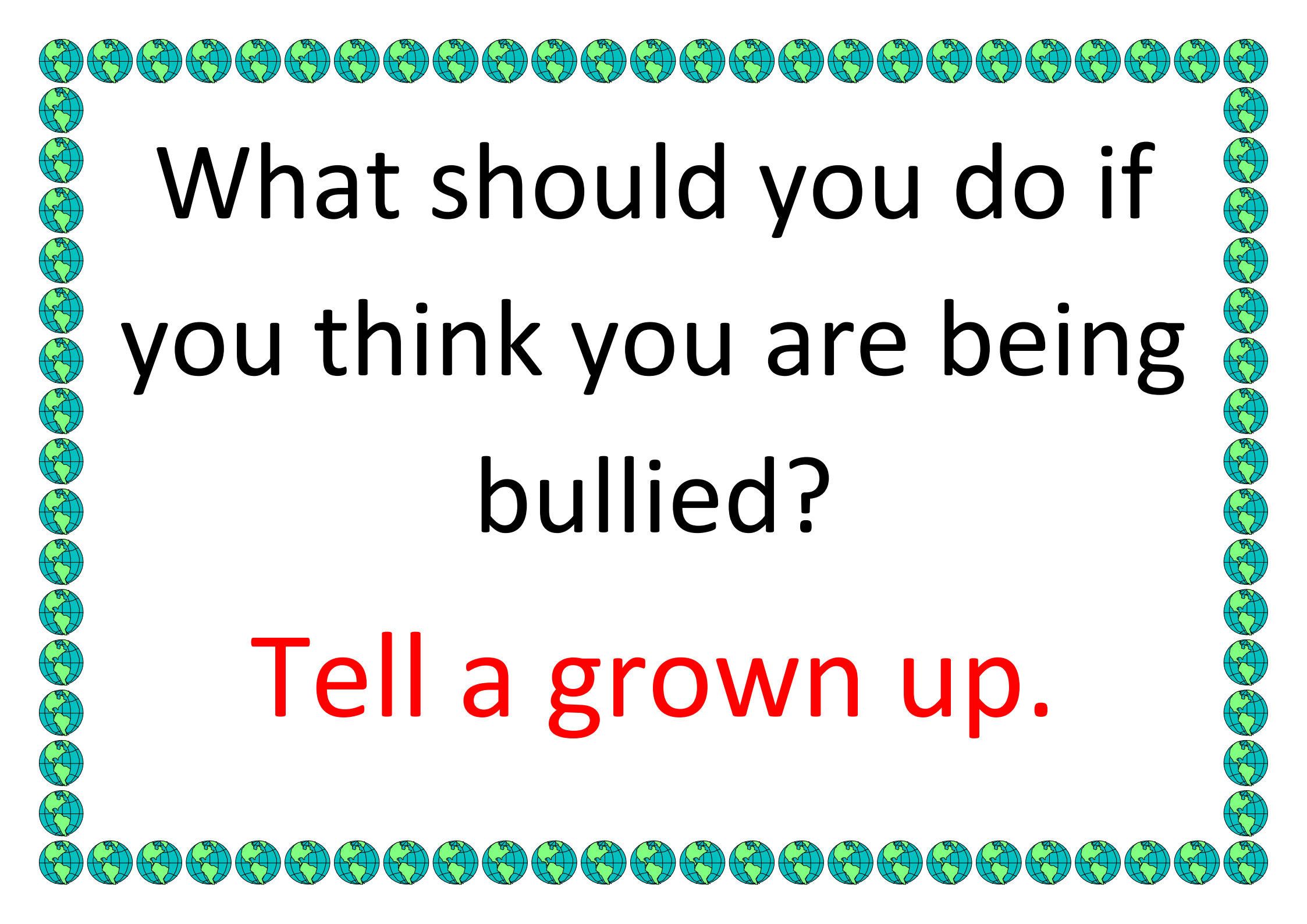
# What Is Bullying?

It involves an imbalance of power.

It can be done by a person or group of people.

It is repeated over time.





What should you do if  
you think you are being  
bullied?

Tell a grown up.