

#HEAR  
meTOO

#speak  
OUT

# BULLYING



## SOCIAL BULLYING

Using social manipulation to hurt peers or sabotage their social standing.

- Spreading rumors
- Manipulating situations
- Breaking someone's confidence
- Lying
- Playing nasty jokes to embarrass someone
- Encouraging others to exclude someone
- Damaging someone's social reputation



## VERBAL BULLYING

Using words, statements and name calling to gain power and control over the target.

- Name calling
- Relentless insults
- Teasing
- Intimidation
- Homophobic remarks
- Racist remarks



## PHYSICAL BULLYING

Using physical actions to gain power and control over the target.

- Hitting
- Kicking
- Tripping
- Pinching
- Pushing
- Shoving
- Slapping
- Punishing



## CYBER BULLYING

Using the Internet or social media to hurt peers or sabotage their social standing.

- Posting hurtful images
- Online threats
- Hurtful e-mail, or texts
- Shameful videos



## SEXUAL BULLYING

Using unwanted words, actions or images about sex to target a person.

- Sexual name calling
- Crude comments
- Vulgar gestures
- Uninvited touching
- Pornographic material
- Slut shaming
- Sexting



## RACIST BULLYING

Racism where the bullying focuses on race, ethnicity or culture.

- Behaviour that is hostile
- Behaviour that is offensive
- Based on the colour of your skin
- Based on your Cultural or religious background
- Traditions or ethnicity

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# STOP A BULLY

## SAFE & ANONYMOUS Anti-bullying Contract

Name: \_\_\_\_\_

Class: \_\_\_\_\_

### No Bullying Bystanders

I promise to . . .

1. Stop a hurtful rumour either online/offline whenever I can.
2. Tell an adult when I know of a plan to single out, harass or start a fight in our school.
3. Not be a Bullying Bystander - when I know of bullying I will take action and tell someone.

### The Golden Rule

I promise to . . .

1. Respect all other learners.
2. Respect other learners belongings.
3. Always treat others they way I want to be treated.

I agree to be an **ACTIVE** participant in preventing bullying in our school.

Signature: \_\_\_\_\_

*"No one can make you feel inferior without your consent." Eleanor Roosevelt*



### IF YOU CAN IDENTIFY WITH THIS SPEAK TO . . .

An adult you trust, your school principal or call the Gender Based Violence national hotline, dial

**\*120\*7867# (free)**

from any cell phone  
and a social worker will call you  
back.

Or call Childline on

**08000 55 555**



*Don't Stand By, Stand Up!*

## Unite Against Bullying

*Make Your School a Bully-Free Zone*



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#SpeakOut