















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







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 flight 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 ...

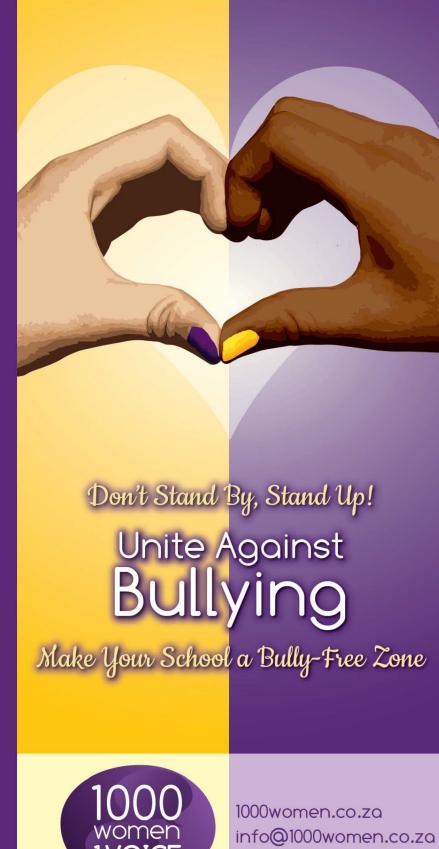
An adult you trust, your school principal or call the Gender Based Violence national hotline, dial

*120 * 7867 # (free)

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

Or call Childline on

08000 55 555





#SpeakOut