

# What Is Bullying?



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Do you know what bullying is?

Bullying is hurting someone else on purpose. Bullying is something that happens over and over again.

Bullies can hurt people in lots of different ways. You can be hurt on your body or with nasty words.



# Different Kinds of Bullying

**Physical bullying** is pushing, hitting, pinching or kicking someone.

It can leave marks or bruises and people might see it happening, but it can be hidden underneath clothes.



**Verbal bullying** is calling someone names, saying nasty things or even pretending you are going to hurt someone.

**Verbal bullying** is not always easy to see. It can be done secretly and does not leave marks. It hurts people's feelings and is just as bad as physical bullying.

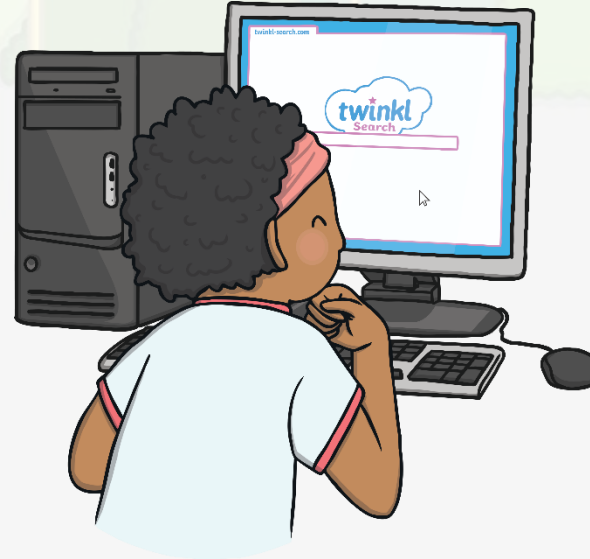


# Cyberbullying

**Cyberbullying** is when people use email, photos, videos or text messages to make someone feel sad.  
It can be one person or a group of people.  
It can be scary for the person who is being bullied.

Make sure you know how to

**stay safe online**

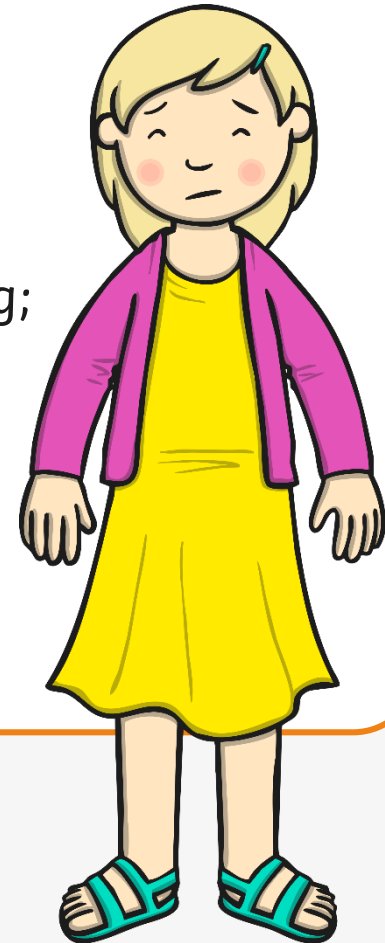


# Indirect Bullying

**Indirect bullying** is:

- leaving people out of games;
- talking about them when they are not looking;
- telling nasty stories about them;
- standing by and watching bullying happen.

It is **just as hurtful** as other kinds of bullying.





[Click here](#) to watch a video clip about bullying.

Teacher Note - Please check the content in this link, including any comments, is suitable for your educational environment before showing. Please do not let the next video automatically play at the end of the clip. Twinkl accepts no responsibility for the content of third party websites.

# What Can You Do?

If you see bullying, you can:

**Tell someone you trust** - a parent, teacher, older relative. They will make sure it's dealt with properly.



**Be kind to the person being bullied.** Someone who is being bullied can feel alone, sad and scared. Smile, talk to them or include them in something.



