

## WHAT IS BULLYING?

### DEFINITIONS

Bullying is repeated negative behaviour that is intended to make others feel upset, uncomfortable or unsafe.

- **Verbal bullying** is the repeated negative use of speech, sign language, or verbal gestures to intentionally hurt others e.g. using hurtful words, discriminatory or offensive language, swear words.
- **Indirect bullying** is the repeated negative use of actions, which are neither physical nor verbal, to intentionally hurt others e.g. spreading rumours, purposefully excluding another person, damaging or stealing someone's property, and cyberbullying.
- **Physical bullying** is the repeated negative use of body contact to intentionally hurt others e.g. kicking, punching, slapping, inappropriate touching, and spitting.
- **Cyberbullying** is the repeated negative use of technology to intentionally hurt others e.g. posting unwanted pictures or messages, accessing another person's account without permission, creating fake accounts to impersonate or harass someone, and sharing other people's private information online.

### HOW CAN I SPREAD THE ANTI-BULLYING MESSAGE?

- **Stand up for others** - You can help someone else through offering support when they are going through a tough time. We all have a part to play in ending bullying and you can help realise that dream.
- **Raise awareness** – You can talk about bullying in school or with your peers to raise awareness of how to tackle bullying and to support each other. The best way to instigate social change is to be brave enough to tackle issues in a productive and transparent manner.
- **Be a role model for others** – You can demonstrate how we should all be treated by treating other people with kindness and encouraging others to do the same.
- **Report** – You can report bullying behaviour even if it isn't aimed with you. You can do this by telling a teacher or, if it has happened online, reporting through the social network, information on how to do this can be found on social networks safety centre's.
- **More support** – You can look at our blog here. Make sure you talk to someone who you can trust. It's so important to identify your support network, the people in your life or support services that you know will care about you and give you the support that you need, whether that is inside or outside of school or work.