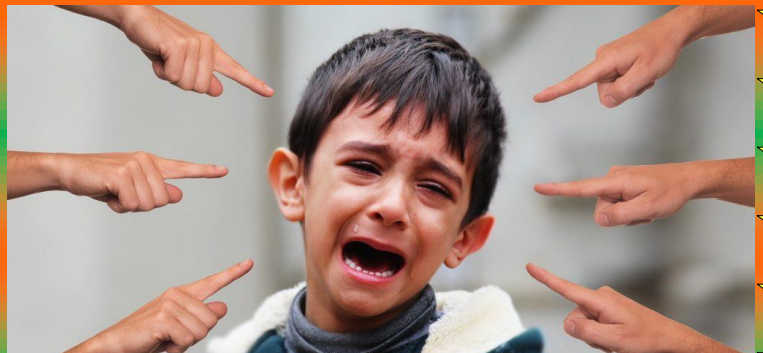


**STOP**  
**BULLYING**



# What is bullying?

**Bullying is unwanted, aggressive behaviour among school aged children that involves a real or perceived power imbalance. The behaviour is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have.**



# What isn't bullying?

## Bullying isn't:

- Falling out with someone
- Saying something mean to someone by accident
- Bumping into someone
- Tripping over someone
- Excluding someone
- Disliking someone
- Telling a joke about someone (once)
- Expression of unpleased thoughts or feelings regarding others

# What is cyberbullying?

**Cyberbullying is:**

- **Sending constant mean texts or IMS to someone.**
- **Pranking someone's phone**
- **Hacking someone's gaming or social networking profile**
- **Being rude or mean to someone in an online game**
- **Spreading secrets or rumours about people online.**

- **Pretending to be someone else to spread hurtful messages**

## **Types of bullying:**

- **Cyberbullying**
- **Social bullying**
- **Racial bullying**
- **Physical bullying**
- **Verbal bullying**

## **Signs of being bullied**

- **Is frightened**
- **Doesn't want to go on the school/public bus**
- **Asks to be driven to school**
- **Changes their usual routine**
- **Is unwilling to go to school (school-phobic)**
- **Begins to truant**
- **Becomes withdrawn, anxious or lacking in confidence**
  - **Starts stammering**

- Attempts or threatens suicide or to run away
- Cries themselves to sleep at night or has nightmares
- Feels ill in the morning
- Begins to do poorly in school work
- Comes home with clothes torn or book damaged
- Has possessions which are damaged or "go missing"
- Asks for money or starts stealing money (to pay person bullying them)
- Has dinner or other monies continually "lost"
- Has unexplained cuts or bruises

- Comes home starving  
(money/lunch has been stolen)
- Becomes aggressive,  
disruptive or unreasonable
- Is bullying other children or  
siblings
  - Stops eating
  - Is frightened to say what's  
wrong
    - Gives improbable excuses  
for any of the above
    - Is afraid to use the  
internet or mobile phone
    - Is nervous and jumpy when  
an online-message is received

By Joe