

What Does Bullying Look Like, Sound Like and Feel Like?



It can be very difficult to think about bullying. Sometimes we just try and forget about it. This activity needs you to think about bullying and start to think about what effects it has on you.

Can you think back to the last time you were bullied or the last time you saw someone else being bullied?

Think about:

- what you saw happening to people;
- what you heard people saying;
- what you thought those people felt like.

Or

- what happened to you and what did the bully look like;
- what the bully said to you and others;
- how you felt when you were bullied.

Complete the table below.

What Does Bullying Look Like?	What Does Bullying Sound Like?	What Does Bullying Feel Like?