



MEADOW PARK
SCHOOL

4 Types of BULLYING

PHYSICAL Bullying

Hitting, kicking,
slapping, pinching,
spitting, tripping,
pushing, blocking

Stealing or destroying
someone's possessions

Making mean or rude
hand gestures

Touching in unwanted
and inappropriate ways

VERBAL Bullying

Name calling

Insults

Teasing

Intimidation

**Homophobic or
racist remarks**

In appropriate
sexual comments

Taunting

Threatening to
cause harm

SOCIAL Bullying

Lying and spreading
rumours

**Leaving someone out on
purpose**

Telling others not to be
friends with someone

**Embarrassing
someone in public**

Damaging someone's
social reputation or
relationships

CYBER Bullying

**Posting/sending
hurtful texts emails or
posts, images or
videos**

Making online threats

**Imitating others online
or using their log-in**

Deliberately excluding
others online

**Spreading nasty
gossip or rumours
online**