

## What is Bullying [Bull-ee-ing]?

Bullying is when people are mean to some-one or hurt them on purpose.

FACT  
SHEET

Bullying happens over and over again.

It is a problem between people.

Bullying is when a person with more power hurts a person with less **power**.

**Power** is when some-one has control over some-thing or some-one else.  
A person who has more money, friends, or status than you would have more power.

It can be an act of **violence** [vi-oh-lens] towards some-one for no reason.

**Violence** is when some-one hurts you or says they will hurt you.

Any-one can be a bully.

A bully can be:

- some-one in your class;
- some-one in your school;
- some-one you work with;
- some-one in your **neighbour-hood** [nay-boor-hood]; or
- an adult.



## What can Bullying look like?

There are 4 main ways people bully:

### 1) Verbal Bullying

- This is when people say mean things to hurt you.
  - People may call you names, tease you, say things that are not true about you, or say they will hurt you.
  - They may say mean things about you, like how you look, how you talk, or how you dress.



### 2) Social [So-shull] Bullying

- This is when people try to hurt your friend-ships.
  - People may embarrass [em-bare-ess] you, not let you spend time with them, or blame you for some-thing they did.
  - They may only be friends with you if you do what they want you to do.



### 3) Physical [fizz-i-call] Bullying

- This is when people do mean things to hurt your body.
  - People may hit you, poke you, shove you, steal from you, or chase you.
  - It can also mean that people may break or steal things that belong to you.



### 4) Cyber [Sigh-burr] Bullying

- This is when people do or say mean things over the internet or with a cell phone.
  - People may say things about you on the internet or on the phone that are not nice.
  - On the internet and cell phone, they may also play tricks on you.

## Where can Bullying happen?

Bullying can happen any-where.

Here are some places it can happen:

- on a school play-ground or field;
- in the halls at school;
- on a date; or
- at work.

But remember, it can happen any-where.

### **Not all conflict is bullying.**

It is different to joke with some-one, have a conflict, and tease than to bully some-one.



## Other Bullying Fact Sheets

### Bullying Roles

- You will learn about the people who are part of bullying.  
You will learn about what role you play.

### How can you help stop bullying?

- You will learn about some things you can do if you are being bullied.

### Where can you learn more about bullying?

- You will learn about web-sites and places you can go to learn more about bullying and get help.

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