

Anti-Bullying Week

What is Bullying?

Bullying can mean many different things to different people. These actions can be described as bullying if they happen often and are done on purpose.



Being called names or teased.



Being threatened or intimidated.



Being hit, kicked or physically hurt.



Being ignored and left out.



Having rumours spread about you.



Having money and other possessions taken or messed about with.



Being pushed or pulled about.



Being put down or humiliated.



These things can happen at school or at home, but they can also happen online and on social networks. If you are being bullied, or someone you know is telling you that they are being bullied, always tell someone. A grown-up will be able to help.