

# Anti-bullying



Gulval  
School

- ✓ make a stand,  
say no to bullying
- ✓ Be the change you  
want to see
- ✓ Keep walking with  
your head held high



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If you call someone fat, it doesn't make you any thinner

## Why bullies bully

Bullies bully because they are insecure.

## Verbal bullying

Verbal bullies use words to hurt or upset the other person. Verbal bullying includes name-calling, insulting, making racist comments and constant teasing.

## Physical bullying

This type of bullying includes hitting or kicking the person, or taking or damaging the person's property.

## Emotional/social bullying

Emotional bullies are people who spread rumours and talk behind others' backs.



# How to avoid bullies

- ✓ Don't be afraid to stand up for yourself! Act confident and don't let the bully get to you
- ✓ Avoid getting too emotional, don't let the bully know how scared you are
- ✓ Tell an adult who you trust
- ✓ Ignore the bully, pretend you don't hear them and walk away

## Psychological bullying

Psychological bullying is when someone (or a group of people) repeatedly use words or actions which may cause harm.

## Cyber bullying

Cyber bullying is when a person or a group of people use technology such as a mobile phone, to verbally, socially or psychologically bully.

If you call someone stupid, it doesn't make you any smarter