



# what is Bullying

Bullying is unfair and one-sided. It happens when someone keeps hurting, frightening, threatening, embarrassing, or leaving someone out on purpose. There is more than one kind of bully, though.

- Verbal bullies - bullies who use their words to hurt others.
- Physical bullies - bullies who use their bodies to hurt others.
- Isolation bullies - bullies who convince others to leave a person out of activities or groups.
- Cyberbullies - bullies who use technology to bully.

To recognize bullying, ask yourself:

- ♣ Is it fair?
- ♣ Is it one-sided?
- ♣ Is someone using power in a hurtful way?
- ♣ How does it feel?

Always talk to an adult if you feel you are being bullied or someone else is being bullied. Never be afraid to ask an adult for help.

