Bullying is when someone keeps doing or saying things to have power over another person.

Some of the ways they bully other people are by: calling them names, saying or writing nasty things about them, leaving them out of activities, not talking to them, threatening them, making them feel uncomfortable or scared, taking or damaging their things, hitting or kicking them, or making them do things they don’t want to do.

Five kinds of bullying:
1. Physical bullying – hitting, poking, tripping, pushing or damaging someone’s belongings
2. Verbal bullying – name calling, insults, racist remarks and verbal abuse
3. Social (covert) bullying – lying, spreading rumours, playing a nasty joke, mimicking and deliberately excluding someone.
4. Psychological bullying – threatening, manipulation and stalking.
5. Cyberbullying – using technology to bully verbally, socially or psychologically (e.g. email, mobile phones, chat rooms and social networking sites).