

Anti-bullying

See it

Say it

**STOP IT!**

# Physical bullying

- © Physical bullying is any physical contact that would hurt or injure a person like hitting, kicking, punching, etc. Taking something that belongs to someone else and destroying it would also be a type of physical bullying.



**KEEP CALM  
AND SAY  
NO TO  
PHYSICAL  
BULLYING**

# Verbal bullying

- ◉ Verbal bullying , is the way of making offensive remarks, or joking about a person's religion, ethnicity, or the way they look.



**KEEP  
CALM  
AND STOP  
VERBAL  
BULLYING**

# Cyber bullying

- Cyber bullying is done by sending messages, pictures, or information using electronic media, computers, mobile phones and social networks. If you send a picture of a mouse in an email to a person because you know that they are afraid of mice, that would be an example of cyber bullying.



  
**KEEP  
CALM AND  
SAY NO  
TO CYBER  
BULLYING**

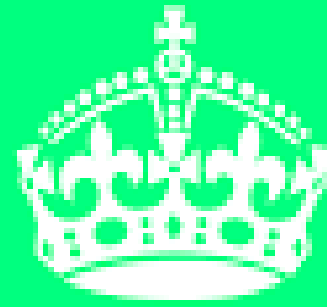
# Social bullying

- ◉ Social bullying is when someone is left out of games or ignored. For example when a group of children are playing football and one of them won't allow a girl to play with them so she is left by herself.





**SOCIAL  
BULLYING**



**KEEP  
CALM**

**AND**

**STOP**

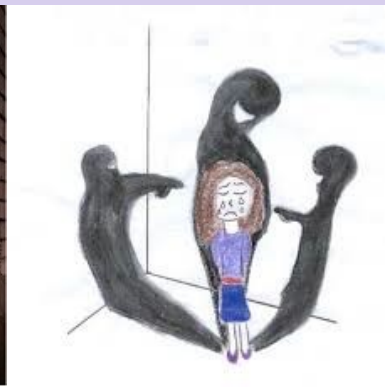
**SOCIAL BULLYING**

# Mental bullying

- ◉ Mental bullying is tearing down another person through words, actions or any other means that affect their mental.



♥  
**KEEP  
CALM  
AND  
STOP THE  
BULLYING**



# Prevention

We can all play a role in preventing bullying :  
Step one is to learn what bullying is so you can recognize it when you see it.

And step two is to take action.

Be part of the solution. If you're watching a bullying incident, you're part of the problem.

Tell someone you trust if you're being bullied.

Get involved in your school's bullying-prevention initiative.



We are all the same  
on the inside.



**BULLYING**



**PREVENTION**

**WHAT PARENTS NEED TO KNOW**

A practical new guide to bullying prevention,  
written by three top experts in the field.  
See the ebook at [www.halton.ca/parents](http://www.halton.ca/parents)