HOW DO I KNOW IF IT'S REALLY BULLYING?

Was it deliberate/on purpose?

YES → **Was it personal/targeted?**

NO ↓

Rude Behaviour - Saying or doing something that wasn't planned or meant to upset someone.

SELF ADVOCATE AND REPORT TO A TEACHER

NO →

YES ↓

Was it said in Anger?

Conflict - Saying hurtful things on purpose due to heightened emotions as a part of a fight or disagreement

SELF ADVOCATE AND REPORT TO A TEACHER

YES ↙

NO ↓

YES → **Was it part of a fight with a friend?**

Mean - Saying or doing something hurtful to someone on purpose occasionally

REPORT TO A TEACHER OR YEAR ADVISOR

NO ↙

NO ↓

Has it happened repeatedly or more than once by the same person?

Bullying - Someone more powerful saying or doing something hurtful to someone on purpose, over and over again

REPORT TO A TEACHER OR YEAR ADVISOR

NO ↙

YES ↓

YES ↙ **Does the person doing this to you have 'more power' than you?**

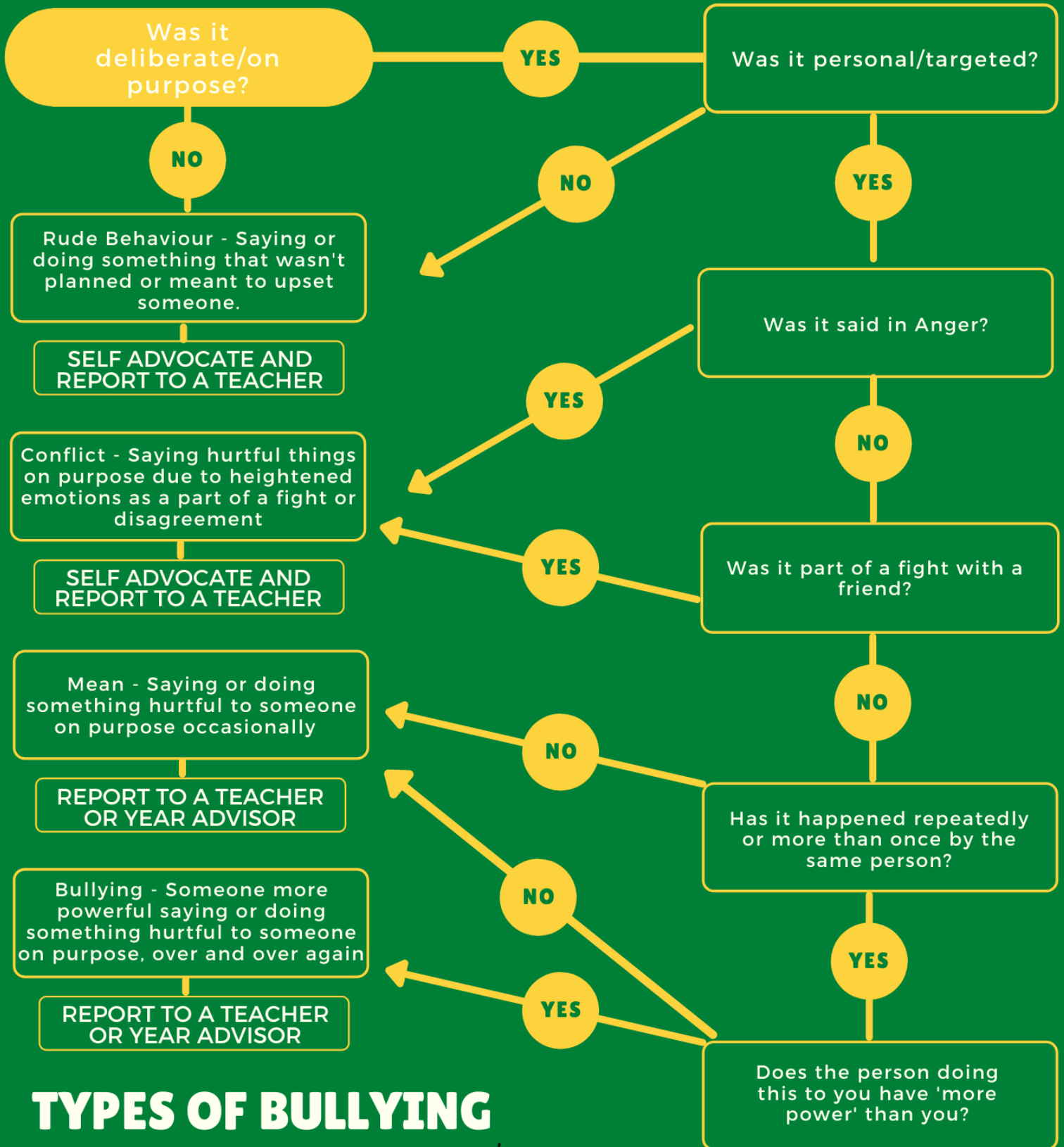# TYPES OF BULLYING

VERBAL **PHYSICAL** **SOCIAL** **CYBER**