

DON'T STAND BY, STAND UP

Social Bullying



Using social manipulation to hurt peers or sabotage their social standing

- *Spreading rumours
- *Manipulating situations
- *Breaking someone's confidence
- *Lying
- *Playing nasty jokes to embarrass someone
- *Encouraging others to exclude someone
- *Damaging someone's social reputation

Verbal

Using words, statements and name calling to gain power and control over the target

- *Name calling
- *Relentless insults
- *Teasing
- *Intimidation
- *Gender remarks
- *Racist remarks
- *Mocking someone's disability or limitation



Physical

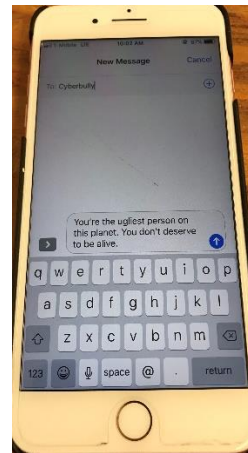
Using physical actions to gain power and control over the target

- *Hitting
- *Kicking
- *Tripping
- *Pinching
- *Pushing
- *Shoving
- *Slapping
- *Punishing

Cyber

Using the internet or social media to hurt peers or sabotage their social standing

- *Online threats or innuendo
- *Posting hurtful images
- *Hurtful emails, texts, tweets
- *Shameful videos



Sexual

Using unwanted words, actions or images about sex to target a person

- *Sexual name calling
- *Crude comments
- *Vulgar gestures
- *Uninvited touching
- *Pornographic material
- *Slut shaming
- *Sexting

Racist Bullying



Racism, where the bullying focuses on race, ethnicity or culture

- *Behaviour that is hostile
 - *Behaviour that is offensive
- Based on:
- *the colour of your skin
 - *Your cultural or religious background
 - *Traditions or ethnicity

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STOP A BULLY

I choose to ..

- Stop a hurtful rumour either online or offline whenever I can
- Tell an adult when I know of a plan to single out, harass or start a fight in our school / community / work
- Not be a bullying bystander – when I know of bullying I will take action and tell someone
- Be supportive to a vulnerable person

I promise to ..

- Respect all people and their belongings
- Always treat others the way I want to be treated
- Choose not to abuse power with someone who is weaker than me

Speak up for someone who can't
speak for themselves – stop the
violence

