

Types of bullying

Physical bullying

Physical bullying is when you hurt someone on their body. Examples of this include kicking and punching.

Verbal bullying

Verbal abuse affects people emotionally by saying upsetting words.

Cyber bullying

Cyber bullying is similar to verbal bullying but it occurs online. However, it still has the same affect.

What is bullying?

A bully is someone who hurts someone else more than once. They use behaviour which is meant to hurt, frighten or upset another person. This could include:

- Physical bullying
- Verbal bullying
- Emotional bullying
- Cyber bullying

Bullying can also occur when someone insults or hurts someone because they are different. These differences could include race, religion, family background or a disability.



**Croxtan Kerrial Church of
England Primary School**

**Child Friendly Anti-Bullying
Policy**



Several

Times

On

Purpose



Who can I speak to?

- You can tell a trusted adult,
- You can tell a parent or carer,
- You can tell a trusted friend,
- You can tell a teacher, support teacher or Headteacher,

Make sure you talk about it to one of these people. It is much better to talk than to keep it to yourself.

Bullying is NOT...

- An Accidents
- Fighting
- Falling out with friends
- Only once

Start

Telling

Other

People

