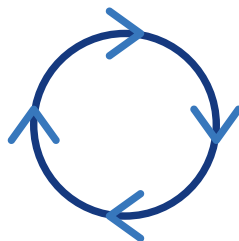## Anti-bullying: Activity 2
What is bullying?

Bullying has three key features:

1. It involves a misuse of power in relationships.

2. It is ongoing and repeated.

3. It involves behaviours that can cause harm.

It can be:

- verbal, physical or social
- in the open (overt) or hidden (covert)
- online bullying is using technology such as the internet or mobile devices to bully someone
- single arguments or fights are not defined as bullying. However they should be taken seriously and resolved.

Taking someone's belongings

Giving someone a rude gesture

Telling hurtful stories about someone

Posting images of someone without consent on social media such as Snapchat

When these things are done repeatedly to the same person, it is:

Bullying

Forwarding unflattering messages about someone online

Spreading rumours about someone

Teasing someone about their appearance

Sending nasty text or email messages about someone

Kicking, shoving or hitting someone

What is bullying?

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Bullying