

# Bully, Victim and Bystander

## A bully is someone who ...

hurts another person on purpose, by using unkind words, actions, or behaviour. They might try to make someone feel scared, sad, or left out.



## A victim is someone who ....

is being hurt, teased, or treated unkindly by the bully. They might feel upset, worried, or alone because of what's happening.



## A bystander is someone who ....

sees or knows that bullying is happening. They are not the bully and not the victim, but they are near the situation. A helpful bystander speaks up, gets support, or helps the victim feel safe.



# Types of Bullying

## Verbal

Using words to hurt someone like calling someone names, teasing or making fun, threatening someone.

Give an example:

## Physical

When someone hurts another person's body or belongings like hitting, kicking, pushing, taking or breaking things.

Give an example:

## Social

Trying to hurt someone's friendships, reputation, or place in a group like leaving someone out on purpose, spreading rumours.

Give an example:

## Cyber

When someone uses phones, tablets, games, or the internet to be unkind like sending mean messages, posting embarrassing photos.

Give an example:

# Is it bullying?



## RUDE

If someone says or does something once and it's unintentional

## MEAN

If someone says or does something once and it's intentional

## BULLYING

If someone continues to intentionally say or do something repeatedly after you've told them to stop

# Is this bullying Quiz



Check the correct box

|                            | rude                     | mean                     | bullying                 |
|----------------------------|--------------------------|--------------------------|--------------------------|
| Pushing in line            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Staring at someone         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Cyber-Bullying             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Not including others       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Not sharing                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Constant teasing           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Punching someone           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Telling lies about someone | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

