

Newsletter Item 3

Aim: To provide families with a definition of bullying

**What is bullying?**

Bullying is when one or more of the following things happen repeatedly to someone who finds it hard to stop it from happening.

Bullying is when a person or a group of people offline or online (mobile phone or Internet):

• Make fun of / tease someone in a mean and hurtful way

• Tell lies or spread nasty rumours about someone to try to make others not like him/her

• Leave someone out on purpose or not allow him/her to join in

• Hit, kick or push someone around

• Deliberately damage, destroy or steal someone’s things

• Threaten or make someone feel afraid of getting hurt



It is NOT bullying when:

• Teasing is done in a friendly, playful way.

• Two people who are as strong as each other argue or fight.