

TYPES OF BULLYING

Bullying is intentional and repeated behaviour that makes others feel uncomfortable, scared, or hurt. Bullying can take a number of different forms.

Cyber



Harassment (teasing and humiliation) via digital devices including social media, text messages, video games, chat rooms, instant messaging, video games.

Online posting or distribution of intimate pictures / embarrassing images or videos, real or altered without the consent of the person in the image.

Online Sexual Exploitation.

Homophobia

Poor Treatment of or violence against people because of their sexual orientation and/or gender identity.

Mean-Spirited name calling about a person's sexual orientation or gender.

Unwanted disclosure of a persons sexual or gender identity.



Purposeful mis-pronouncing and use of dead-naming.

Racism

Poor treatment of or violence against people because of their race.

The belief that some races of people are better than others.



Derogatory references regarding any race or uniqueness of any individual or group.

Social, Emotional, Relational



Threatening with words

Lying and spreading rumours

Negative facial or physical gestures

Playing mean jokes to embarrass and humiliate

Mimicking unkindly

Making a person feel unattractive or powerless

Damaging someone's social reputation or acceptance

Encouraging others to socially exclude someone

Physical

Hitting

Kicking

Shoving

Spitting

Beating Up

Tripping

Pinching

Stalking

Actions or weapons

Theft or damaging property

Rushing

Pulling hair

Unwelcome touching



Verbal

Racial or ethnic slurs

Name calling

Insulting

Teasing

Intimidating

Verbal abuse

Homophobic or racist remarks



Take Action!

If you or someone you know is experiencing bullying.

Tell a trusted adult. Report to www.erasereportit.gov.bc.ca

Help promote safer schools for everyone!



Harassment Intimidation and Bullying Student Ap312



Sexual Orientation and Gender Identity Ap347



Anti-racism and Cultural Safety Ap350

Depending on the nature of activity involved, a number of criminal code offences may apply to instances of bullying or cyber bullying.