

Types of Bullying



Bullying is repeated behaviour that is intended to hurt someone either emotionally or physically. It can take many different forms.

#ANTIBULLYINGWEEK



Physical Bullying

Physical action intended to hurt or intimidate another person, for example punching, kicking or tripping, or touching them or their possessions in unwanted or inappropriate ways.



Verbal Bullying

Using cruel or abusive language (written or spoken) to hurt another person, for example name-calling, making threats or making disrespectful comments about their appearance or other characteristics.



Psychological Bullying

Actions and behaviour intended to negatively affect another person's mental health and/or wellbeing, for example deliberately isolating or excluding them, threatening, humiliating, or manipulating them.



Sexual Bullying

Targeting someone with sexual actions or comments, including uninvited inappropriate touching or sharing intimate photos of someone without their permission.



Cyberbullying

Using electronic communication, such as social networking sites, gaming sites, chat rooms or messaging apps to send hurtful messages or make comments about another person.



Some bullying actions might fall into more than one of these groups, while others may not obviously fit into any of them. If you think that you or someone you know is being bullied, speak to a trusted adult.

The Anti-Bullying Alliance coordinate Anti-Bullying Week each year in England and Wales. You can find further free resources for Anti-Bullying Week on their website. ABA also have free anti-bullying resources available for schools – [CPD anti-bullying online training courses](#). Become a United Against Bullying School and enroll on ABA's free whole-school [anti-bullying programme](#) today.