

## PHYSICAL BULLYING

Attacking another person by hitting, kicking or pushing.

## VERBAL BULLYING

Calling people names, teasing or threatening, either by voice or using written words.

## SOCIAL BULLYING

This includes excluding someone from a group and/or spreading rumors about a person.

## CYBER BULLYING\*

This is bullying that happens through interactive technology such as cell phones, social networks and other websites