

Is it bullying?

How can you tell if someone is being bullied?

Read the information in the boxes below to decide if it is bullying or something else.

Having a joke

- Everyone is having fun.
- No one is getting hurt or upset.
- Everyone is joining in equally.

One off thing

- Someone is being mean deliberately.
- It is a reaction to a feeling.
- It only ever happens once and doesn't repeat.

Fighting

- Two people have a fight, an argument or a disagreement.
- A solution can usually be found.

Bullying

- Unwanted and/or aggressive behaviour that happens over and over again.
- Someone is being hurt deliberately.
- It can be social, verbal, physical or cyber.