

# Rules Against Bullying

1. Be kind and pay respect to yourself and the ones around you!
2. Speak up for yourself and the ones in need of a voice!
3. Try to befriend students that are left out!
4. Do not listen to the ones that want to harm you!
5. Act responsible and tell an adult!
6. Do not say mean things about somebody behind their back and do not spread rumors!
7. Think before acting because you might hurt somebody's feelings!
8. Treat the ones around you like you would like to be treated!

# Types Of Bullying

**1. Verbal Bullying** – It happens when somebody is directly giving you hurtful comments, threats, teasing and name-calling.

**2. Social Bullying** – Designed to exclude someone, spread rumors, humiliate and damage someone socially.

**3. Physical Bullying** – Consists of aggressive behaviour, stealing and breaking someone's things.

**4. Cyber Bullying** – It is a modern type of bullying that takes place over the Internet.

# Effects of Bullying

## **1. Physical Effects:**

- bruises
- wounds
- scratches
- broken bones

## **2. Mental Effects:**

- depression
- anxiety
- panic attacks
- disorders
- suicidal ideation
- low school performance
- low self-esteem