

GUIDE TO BULLYING



Made by August, Sebastian,
Man Laura and Ella

Physical bullying

The characteristics of physical bullying is physical violence; you can get bruises and it will hurt. If you ever experience physical bullying you should contact a grown up, a teacher at your school, a friend, a parent or someone you trust.



Bullying hotline
telephone number
0845 22 55 787



Cyber bullying

Cyber bullying is one of the worst forms of bullying, because its very hard to escape. The cyber bullies can always get to you using social media. If you ever become a victim of cyber bullying, contact a grownup.