



Anti-Bullying

Effects of Bullying

(Presented By Stag)

Types of Bullying

- Physical bullying
- Verbal bullying
- Social bullying
- Cyber bullying



Physical Bullying

- Physical bullying is using one's body and physical bodily acts to exert power over peers.
- Punching, kicking and other physical attacks are all types of physical bullying.



Verbal Bullying

- Verbal bullying is when an individual uses words to insult another individual.
- For example, a less athletically inclined peer may be called nerd or wimp.



Social Bullying

- This sort of bullying is often harder to recognise and is often carried out behind the back of the person who is being bullied.
- Some examples of this are lying, fake rumours and spreading gossip, encouraging others to turn against someone leaving someone out constantly and encouraging others to do the same



Cyber Bullying

- Cyber bullying is the use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature.
- Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation.



Effects of Bullying

- Bullying can affect everyone—those who are bullied, those who bully, and those who witness bullying.
- Bullying is linked to many negative outcomes including impacts on mental health, substance use, and suicide.
- More effects are depression and anxiety, increased feelings of sadness and loneliness, changes in sleep and eating patterns, and loss of interest in activities they used to enjoy.
- Decreased academic achievement. They are more likely to miss, skip, or drop out of school



Useful resources

- If you are a victim of bullying then you can:
- Talk to your parents
- Talk to the NSPCC
<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>
- If you see someone being bullied then you should:
- Report it

