# Types of Bullying

#### **Physical Bullying**

Someone using their body to hurt or scare another person.



## Social Bullying

Leaving another person out on purpose, spreading lies, or making them feel left behind.





#### **Verbal Bullying**

Using words to hurt, like teasing, name-calling, or spreading rumors.



## Cyberbullying

Using a phone or computer to send mean messages or spread rumors about someone online.

