

# NO BULLY ZONE



Our Anti-Bullying Leaflet  
Created by House Captains 2026

## What is Bullying?

A bully is someone who hurts someone else by using behaviour which is meant to hurt, frighten or upset another person. This is behaviour that is repeated many times over and on purpose.



## What are the different types of bullying?

**Physical bullying**—simply put, physical bullying is the name given to any form of bullying that involves injuring someone's body or damaging their possessions.

Some examples of physical bullying include, fighting, hitting, stealing, destruction of someone's property.

**Verbal bullying**—this refers to any form of bullying that's enacted through speech or use of the voice, and doesn't involve any physical contact. Whilst it doesn't physically harm the victim, verbal bullying can be extremely emotionally and psychologically harmful.

Some common forms of verbal bullying are hateful name-calling, starting and spreading rumours, verbally threatening someone, shouting at someone, speaking to someone in a hateful tone of voice, mocking and laughing at someone, calling people on social media.

**Cyberbullying**—a term used to describe any form of bullying that uses technology to target and inflict harm on another person or group of people.



Cyberbullying can be particularly harmful due to the 24-hour nature of the Internet; we are always reachable and, therefore, bullies can use online platforms to harass victims even when they're not in the same physical location.

Cyberbullying can be carried out over a wide range of platforms, such as on social media, text messages, phone calls, emails.



**Relational bullying or social aggression**—any form of bullying that utilises relationships to inflict pain on a person or group of people. Relational bullying is also used to describe any form of bullying that's carried out with the intention of damaging a person, or group of people's reputation and social standing.

#### What can I do if I see someone being bullied?

- Talk to them
- Let them know you care
- Get help from a trusted adult as soon as possible
- Ask what you can do to help

#### What can I do if I think I am being bullied?

- Tell someone you trust immediately or use your class worry box
- Keep a record
- Do not retaliate
- Surround yourself with people who make you feel good
- Do not blame yourself—it is not your fault.
- Be proud of who you are

Bullying will not be tolerated  
at Parkview Primary School

House Captains