“Bullying is a behaviour by an individual or group, that is repeated and hurts another, either physically or emotionally.”

(Woree State High School 2011)

Physical Bullying
When a person or group uses physical actions to bully.

Verbal Bullying
Repeated name calling, insults, homophobic or racist remarks.

Psychological Bullying
Threats, stalking or manipulating someone.

Cyber Bullying
Using technology to bully verbally, socially or psychologically.

Covert Bullying
When a person or group lies about someone, spreads rumours or deliberately excludes someone.