

# Bullying

Bullying involves people repeatedly and deliberately doing things that leave another person upset, afraid or hurt. It can increase the risk of developing mental health problems for everyone involved, including those doing the bullying.

Bullying can take place anywhere. It can happen at home, at work, in school, at TAFE/uni, online or over the phone.

## Types of bullying

- Verbal (e.g. putting someone down or threatening to cause harm)
- Physical (e.g. contact that hurts someone or breaks their things)
- Social (e.g. spreading rumours, excluding someone, embarrassing someone in public)
- Cyberbullying (e.g. sending harmful messages, pictures or comments online)

If you need immediate assistance call 000 or to speak to someone urgently,

For more information,

