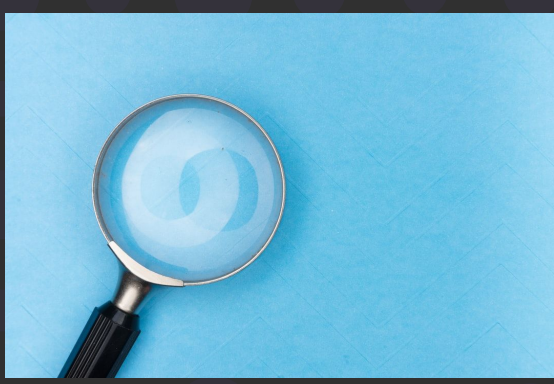


Step Up & Stop It!



RECOGNIZE BULLYING

4 Types of BULLYING

PHYSICAL Bullying

Hitting, kicking, pinching
Spitting
Tripping/pushing
Taking or breaking someone's things
Making mean or rude hand gestures

VERBAL Bullying

Name calling
Insults
Teasing
Intimidation
Homophobic or racist remarks
Inappropriate sexual comments
Taunting
Threatening to cause harm

SOCIAL Bullying

Lying & spreading rumours
Leaving someone out on purpose
Telling others not to be friends with someone
Embarrassing someone in public
Damaging someone's social reputation or relationships

CYBER Bullying

Posting/sending hurtful texts emails or posts, images or videos
Making online threats
Imitating others online or using their log-in
Deliberately excluding others online
Spreading nasty gossip or rumours

REPORT BULLYING



Use the QR code below to report any instances of bullying you experience or witness.



Do YOUR part to make West Rusk High School a SAFE environment for everyone!