

am I being bullied?

START HERE!

Was it deliberate/on purpose?

Yes

No

Was it personal/targeted?

Yes

No

Was it said in anger?

No

Yes

Was it part of a fight with a friend?

No

Yes

Has it only happened once or twice?

No

Yes

Does the person doing it have '**more power**' than you? e.g. more popular, older, stronger

Yes

No

rude behaviour

Saying or doing something hurtful that wasn't planned or meant to upset someone

conflict

Saying hurtful things on purpose due to heightened emotions as part of a disagreement

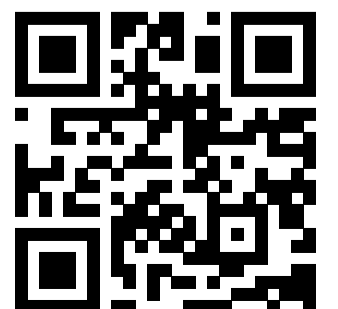
mean

Saying or doing something hurtful to someone on purpose once or twice

bullying

Someone more powerful saying or doing something hurtful to someone on purpose, over and over again

scan here to find out more! →



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