

What Does Bullying Look Like, Sound Like and Feel Like?

Have you ever seen or heard someone being bullied?

- Bullying is when someone hurts someone else over and over again.
- Bullying can be calling someone names or pushing them over every day.
- Bullying hurts the other person and makes them feel upset.

What did the bullying look like?

- Can you think about what happened?
- What did you see?
- Was the bully really close to the person they were bullying?

What did the person carrying out the bullying feel like?

- Can you think about what the bully was feeling?
- Was the bully angry, upset or maybe sad?
- How do you know what they are feeling?
- Are they moving towards the person trying to frighten them or push them?

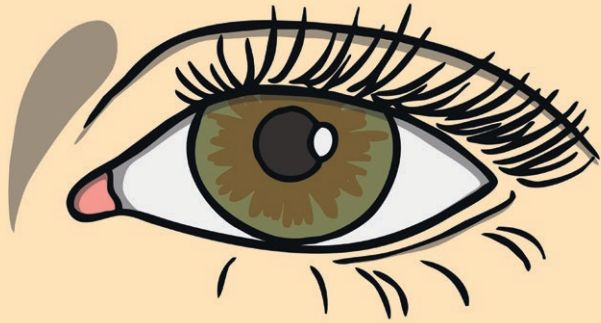
What could you hear?

- What the bully was saying?
- Think about **what was said** and **how it was said**, e.g. 'you are stupid, just tell them it was you that broke it'.

Think about a time you saw bullying happening.

Write or draw what it looked like, felt like and sounded like in the table below.

What does
bullying look like?



What do people
who bully feel like?



What does
bullying sound like?

