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Types of Bullying

**Verbal** bullying involves mocking, name-calling, taunting, teasing and verbally threatening. A person hurts another by using words.

**Physical** bullying involves pushing, shoving, spitting, kicking, stealing, and threatening. A person puts their hands on someone else.

**Emotional** bullying involves spreading rumors, giving dirty looks, ignoring and excluding others. A person intends to hurt another’s feelings.

C**yber** bullying involves emails, texts, pictures, prank calling, and social networks. People use forms of technology to hurt others.