



## What is Bullying?

Most of us know that bullying exists and probably have experienced some kind of bullying ourselves. The definition of bullying that is often used is:

**'Repeated behaviour, either physical or verbal, that denies the other person dignity.'**

One of the hallmarks of bullying is when one person consistently dominates and has power over the other. The one being bullied begins to wither inside. They feel humiliated, frustrated and fearful.

The bullying relationship is a toxic one. Children can be left feeling angry and upset with no friends to turn to. They find it hard to ask for help and can be bullied for a long time before they seek help.



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