**Direct and Indirect Bullying activity**

**Direct bullying**occurs between the people involved

**Indirect bullying**causes harm by damaging someone's social reputation, peer relationships and self-esteem.

Cut and stick the following scenarios into your morning activity book in 2 columns: direct bullying and indirect bullying.

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| Someone spits in your face as you are walking down the street. | Your best friend tells all of your other friends to ignore you. |
| You hear that people are spreading a rumour about you at school.  | Someone sends you nasty text messages and emails. |
| Every day, someone sticks out their leg to try and trip you up.  | You are threatened by a bully on your way home from school.  |
| You sit at a table and everyone else gets up and leaves every time. | People are talking about something really embarrassing that happened to you when you were younger. |
| Every time you speak, someone rolls their eyes and sniggers.  | You are repeatedly kicked in the leg every day for no reason.  |