



# Is it Bullying?

Poster

Please do not share this poster but direct people to the website where they can download their own copy.

Website: [www.elsa-support.co.uk](http://www.elsa-support.co.uk)

Facebook: <https://www.facebook.com/ElsaSupport/>

Instagram: elsa\_support

Twitter: <https://twitter.com/elsasupport>

Facebook TA Group: <https://www.facebook.com/groups/1067187199968259/>

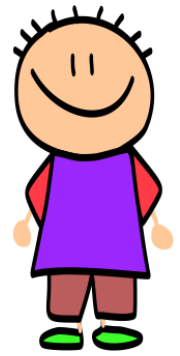
Facebook ELSA Secret Group: Contact [info@elsa-support.co.uk](mailto:info@elsa-support.co.uk) for your invitation

Pinterest: <https://uk.pinterest.com/debbiepalp/>

Please do not print this page

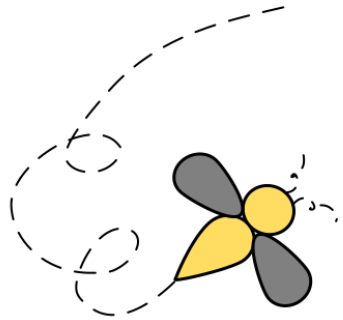


# Is it Bullying?



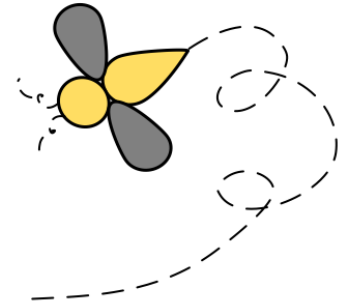
When someone says or does something unintentionally hurtful and they do it once.

**That's RUDE**



When someone says or does something intentionally hurtful and they do it once.

**That's MEAN**



When someone says or does something intentionally hurtful and they keep doing it even when you tell them to stop or show them that you're upset.

**That's BULLYING**