# Health & Family Life

# Harassment and Bullying Notes

**Instructions:** Write these notes **neatly** in your Social Sciences notebook, under the subject heading, Health and Family Life.

- Harassment is any form of repeated attention that is not wanted and affects your ability to do your schoolwork or to live your life peacefully.
- Harassment can be physical or verbal. It can occur in the form of bullying or sexual harassment.
- Bullying is the picking on people who are alone or who seem different in some way.

- **Forms of Bullying are:**
  1. Spreading rumors
  2. excluding others
  3. name calling
  4. fighting
  5. threatening (verbal, text and email threats).

- **Impact of harassment/bullying:**
  - Change in behavior (withdrawn/ill-tempered)
  - Change in social life (not seeing friends or staying away from clubs)
  - Feeling of anger, hurt and fear
  - Eating disorder, depression and low self-esteem
  -Suicide

I am:

LIVEWORKSHEETS