**What is a bully?**

A bully is someone who teases, harasses or abuses somebody. It is often because the person has been bullied himself, and abusing a person gives him a sense of power. Basically, it is someone who disrespects other people around him.

**Who is a bully?**

It is often someone who hasn’t got respect for people around him/her. It can be a child, teenager or an adult. Bullies often do badly in school and tend to abuse someone who is better than they are.

**What is bullying?**

There are different kinds of bullying, such as:

**Physical bullying:** This involves hitting, kicking, biting and spitting at someone.

**Emotional bullying:** This is meant to hurt someone’s feelings.

**Verbal bullying:** This involves yelling, screaming and calling someone names.

**Sexual bullying:** This includes inappropriate comments or touching someone where he/she doesn’t want to be touched.

**Cyber bullying:** Using e-communication to send mean messages to someone.

**Who is being bullied?**

A stand-out person, like someone who is smaller or weaker than others, is often bullied. Bullies are likely to tease someone if they are jealous of that person. There is often discrimination against people who wear glasses or anyone that somehow looks different from the others.

**What is the effect of bullying on someone?**

A victim of bullying often has low self-esteem and often suffers from depression. Wounds or bruises will occur as a result of physical abuse, and he/she will become easily irritable.