

# Bullying, Physical and Verbal Abuse, Exclusion, and Isolation

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**Have you ever been bullied in any way?**

1. What happened?

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2. How did you feel when it happened?

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3. What did you do when it happened?

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# Bullying, physical and verbal abuse exclusion and isolation - a personal experience

Share a personal incident which you experienced where you were either actively involved in some form of bullying. Or you were amongst the onlookers who saw someone being bullied:

1. What happened?

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2. What did you do when it happened?

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3. What would you do differently now?

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