

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

Orly Katz

**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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