**physical world**

| | |
|---|---|
| **VERBAL** | **VERBAL** |
| Eg. snide asides, threats, put-downs (hidden) | Eg. discrimatory remarks, threats, name-calling (in view) |
| **PHYSICAL** | **PHYSICAL** |
| Eg. standover behaviour, holding, hitting (hidden) | Eg. standover behaviour, holding, hitting (in view) |
| **SOCIAL / RELATIONAL** | **SOCIAL / RELATIONAL** |
| Eg. spreading rumours or personal information | Eg. openly excluding from peer group, ostracising |

**covert** ←→ **overt**

| | |
|---|---|
| **VERBAL** | **VERBAL** |
| Eg. emails, texts, anonymous comments / postings | Eg. posting negative photos/comments on website |
| **PHYSICAL** | **PHYSICAL** |
| Eg. anonymously defacing webpage or profile page | Eg. defacing webpage or profile page |
| **SOCIAL / RELATIONAL** | **SOCIAL / RELATIONAL** |
| Eg. posting negative material anonymously | Eg. exclusion from activities or ostracising |

**digital world
(cyberbullying)**