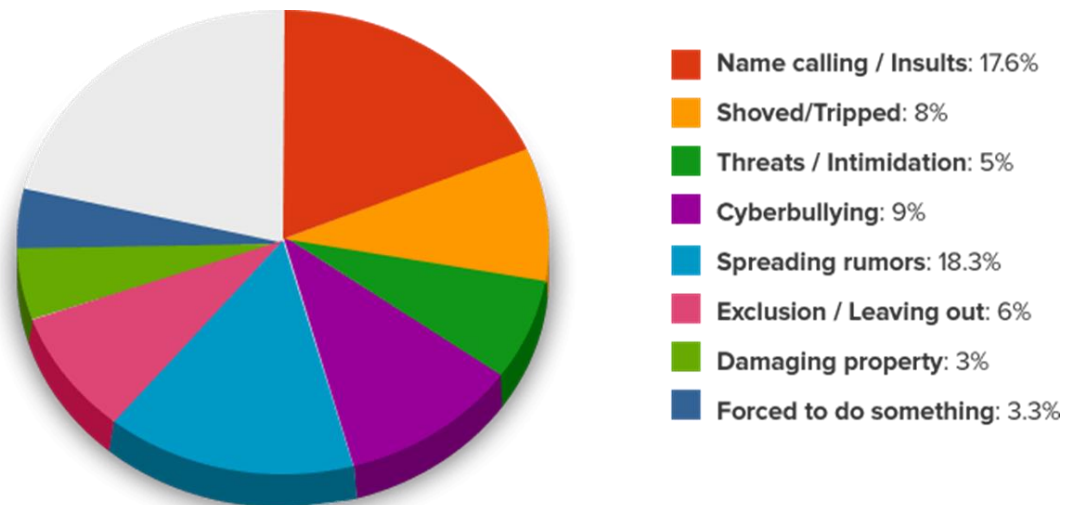


What is Bullying?

- A PATTERN of REPEATED, DELIBERATE hostility and aggression by group or individual, towards another, designed to injure, disturb, threaten or upset the target
- UNEQUAL POWER- A target who is *WEAKER* and less powerful in some way than the bully
- Lack of concern on the part of the bully for the feelings and concerns of the target
- Blaming the target for what has happened
- Targets feeling helpless and out of control
- Both kids who are bullied and who bully others, may have serious, long lasting problems.

In order to be considered bullying, the behavior must be aggressive and will include:

- An Imbalance of Power: Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.
- Repetition: Bullying behaviors happen more than once or have the potential to happen more than once.
- Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.



6 Types of Bullying

- **Physical Bullying**- hitting; kicking; taking or damaging victims' property; pushing; blocking others into corners or lockers; pinching; spitting; tripping; pulling hair; biting
- **Verbal Bullying**- name calling; insulting, persistent teasing; making threatening remarks or gestures; sarcastic remarks; making fun of appearance, clothing, family or abilities; cursing or using foul and inappropriate language; yelling at someone
- **Emotional Bullying**- Excluding others from a group; forming "cliques" or gangs; spreading nasty rumors; rejecting others from a peer group for no apparent reason; ridicule; humiliation; preventing someone from doing what they are supposed/want to do; making someone do what they don't want to do or that they know to be wrong; framing or blaming someone to get them in trouble; tattling
- **Sexual Bullying**- **ANY** unwanted physical touch, negative comments about someone's body; making crude sexual remarks; embarrassing others; coercing someone into doing something they feel uncomfortable with; calling someone "gay", "fag" or "lesbian", making comments about someone's body; making obscene or crude gestures; any actions that make someone feel uncomfortable about themselves or their bodies; making rude or inappropriate drawings; sending sexual information out over electronic media; spreading rumors about someone's alleged sexual activities or reputation
- **Racial Bullying**- Racial taunts; graffiti; racial name calling; making someone feel different or excluding them based on race, religion or ethnic background
- **Cyber Bullying**- Using a website to spread rumors or say unkind/inappropriate things about another student or post pictures; using e-mail, Instant Messenger, text messages or cell phones to send threatening or hateful messages or information to or about another student