

## WHAT IS BULLYING?

### 1. Bullying is not fair.

Bullies are more powerful than their victims because of an advantage of age, size, ability or social status (being more popular, having more money). Bullies may also have power if they harass or tease other students about a sensitive issue, such as being short or overweight, or about race, sexuality, family, religion, etc.

### 2. Bullies harass on purpose – their behavior is not accidental.

### 3. Bullying is not fun for the victims.

Victims may feel angry, upset, afraid, sad, embarrassed and ashamed. Victims often feel unsafe at school.

### 4. Bullying happens over and over again.

## WHAT ARE THE TYPES OF BULLYING?

### A. Direct (face-to-face)

- Verbal (teasing, insults, put-downs)
- Physical (shoving, pushing, hitting, assault)
- Psychological (“dirty looks,” uttering threats, rolling your eyes, making a mean face)

### B. Indirect (behind someone’s back)

- Gossip
- Leaving out, excluding someone
- Social aggression (telling people *not* to be friends with a victim)

## HOW ARE STUDENTS INVOLVED IN BULLYING?

Students may be the:

- Bully
- Victim
- Bystanders – students who see and/or hear the bullying incident.
- Interveners – students who step in and do something to stop the bullying.