Kinds Of Bullying

- Physical Bullying - when the victim is being abused or attacked by the bully. This type of bullying is found on playgrounds.
- Cyber Bullying - when the victim is being targeted through any form of electronic device. This occurs the most through social media but can also occur through emails or messages.
- Verbal Bullying - when the victim is being criticized or insulted verbally by the bully. This is usually found in notes or name calling.
- Emotional Bullying - when the victim is being hurt emotionally by another person. This mainly occurs to adults and is seen in work places or in relationships.

Bully - someone who seeks to harm others in a physical or mental way.
Bystander - someone who is present during the time of the event, but does not take part or say anything to prevent the situation from happening.
Victim - the person who is harmed or being verbally abused during the event.

Teasing - to insult someone in a playful way, while not hurting the other person.
Taunting - when one's intent is to isolate the target and use hurtful or cruel words.

RESOURCES

Are you being bullied?
1) Look at the bully and ask him/her to stop in a calm tone.
2) Try to laugh it off so that he bully will be caught off guard.
3) Talk to a trusted adult about when and how you are getting bullied.
4) Try to walk away and ignore them instead of getting into a fight.
5) If being cyber bullied, report them or talk to an adult about it.

3 tips if you witness bullying -
1) Inform a trusted adult about who is the victim and who is the bully.
2) Talk to the victim and become their friend and comfort them in times of need.
3) Stand up for the victim whether they are a friend of yours or even if you don’t know them at all.

3 facts about bullying
1) About 160,000 kids stay home from school because of the fear of bullying.
2) 1 in 5 high school students are bullied in the U.S. that’s 8.2 million every year.
3) Girls are about twice as likely as boys to be victims and perpetrators of cyber-bullying.

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