

# Bullying Definition

Bullying is **unwanted, aggressive behavior** that involves a **real or perceived power imbalance**. The behavior is **repeated, or has the potential to be repeated**, over time.

- 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.
- Any form of bully behavior violates school policy and state law.

## Four Types of Bullying

- **Verbal** bullying is saying mean things. Verbal bullying includes:
  - Teasing
  - Name-calling
  - Inappropriate sexual comments
  - Taunting
  - Threatening to cause harm
- **Social/Relational** bullying involves hurting someone's reputation or relationships. Social/Relational bullying includes:
  - Leaving someone out on purpose
  - Telling other children not to be friends with someone
  - Spreading rumors about someone
  - Embarrassing someone in public
- **Physical** bullying involves hurting a person's body or possessions. Physical bullying includes:
  - Hitting/kicking/pinching
  - Spitting
  - Tripping/pushing
  - Taking or breaking someone's things
  - Making mean or rude hand gestures
- **Electronic or Written Communication** bullying (Cyber Bullying) involving technology or written text. Electronic or Written Communication bullying includes:
  - Use of social networks, e-mail, texting, etc. in place of verbal bullying
  - Individual or Group note writing/pictures