

BULLYING: defined (NRS 388.122) [Effective July 1, 2010] Bullying means a willful act or course of conduct on the part of one or more pupils which is not authorized by law and which exposes a pupil repeatedly and over time to one or more negative actions which is highly offensive to a reasonable person and is intended to cause and actually causes the pupil to suffer harm or serious emotional distress. (Added to NRS by 2009, 687, effective July 1, 2010)

WHAT IS BULLYING?

Bullying is intentional harmful behavior initiated by one or more students and directed toward another student. Bullying exists when a student with more social and/or physical power deliberately dominates and harasses another who has less power. Bullying is unjustified and typically is repeated.

Bullying differs from conflict. Two or more students can have a disagreement or a conflict. Bullying involves a power imbalance element where a bully targets a student who has difficulty defending him or herself.

Bullies often feel justified in inflicting hurtful behavior because they think their victims deserve the mistreatment.

Students who are repeatedly victimized experience more physical and psychological problems than non-bullied peers.

Bullying occurs both with and without a teacher or another adult present.

Bullies appear to be concerned with their own wants, pleasures, and needs.

Bullies are more likely than non-bullies to be involved in vandalism, fighting, theft, substance abuse, truancy, or to have an arrest by young adulthood.

Victims can withdraw and become depressed if bullying continues over time. Some victims could take extreme measures and seek violent revenge or consider suicide.

WHAT ARE THE FORMS OF BULLYING?

Physical: Physical bullying involves harmful actions against another person's body. Examples include: biting, kicking, pushing, pinching, hitting, tripping, pulling hair; any form of violence or intimidation. Physical bullying also involves the interference with another person's property. **Examples include:** damaging or stealing

Verbal: Verbal bullying involves speaking to a person or about a person in an unkind or hurtful way. **Examples include:** sarcasm, teasing, put-downs, name-calling, phone calls, spreading rumors or hurtful gossip.

Emotional: Emotional bullying involves behaviors that upset, exclude, or embarrass a person. **Examples include:** nasty notes, saying mean things using technology (e.g., cyber bullying using emails, instant messaging, chat rooms, text messaging), intentional exclusion from games or activities, tormenting, threatening, humiliation or social embarrassment.

Sexual: Sexual bullying singles out a person because of their gender and demonstrates unwarranted or unwelcome sexual behavior. **Examples include:** sexual comments, abusive comments, unwanted physical contact.

Racial: Racial bullying involves rejection or isolation of a person because of ethnicity. **Examples include:** gestures, racial slurs or taunts, name-calling, making fun of customs/skin color/accent/food choices.

CYBER-BULLYING: defined. [Effective July 1, 2010] means bullying through the use of electronic communication. (Added to NRS by 2009, 687, effective July 1, 2010)