

Types of Bullying

“Bullying” means overt, repeated acts or gestures, including (1) verbal or written communications transmitted ;(2) physical acts committed; or (3) any other behaviors committed; by a student or group of students against another student with the intent to harass, ridicule, humiliate, intimidate, or harm the other student. Bullying can be divided into the following categories:

- **Physical** – harming another person’s body. Hitting, punching, tripping, kicking, pushing, scratching, spitting, blocking someone’s path, throwing objects at someone, damaging someone’s property or possessions.

<http://www.youtube.com/watch?v=LoTPVjG-LCo&feature=related>

- **Verbal** – name calling, offensive remarks, mocking, put downs, demeaning humor, or insults related to a student’s race, color, ethnicity, gender, sexual orientation, ancestry, religion or disability. Negative comments about a person’s appearance, clothing, or actions. Taunting, teasing, threatening or swearing at someone.

<http://www.youtube.com/watch?v=2S2HEl8uTxA&feature=related>

- **Social/Emotional** – spreading rumors, gossiping, consistent exclusion, ignoring, threatening aggression against people, property or possessions (verbal or written), intimidating looks or gestures.

<http://www.youtube.com/watch?v=6Nv7Q2Malw&feature=related>

- **Cyber** – includes, but is not limited to, the following misuses of technology: sending or posting inappropriate, derogatory, or threatening email messages, instant messages, text messages, digital pictures, images or website postings.

<http://www.youtube.com/watch?v=bdQBurXQOeQ&feature=related>

Definitions of those involved in Bullying

Bully – A person who repeatedly and intentionally says or does mean or hurtful things to another person who has a hard time defending himself or herself.

Target – A person who is repeatedly and intentionally mistreated.

Bystander – A person who hears about or witnesses acts of bullying against a target.