What is bullying?

Bullying is any unwanted aggressive behavior(s) by someone or a group that involves a real or perceived power imbalance. The behavior is repeated or it will probably be repeated many times. Bullying can hurt the targeted person and cause physical, psychological, social, or educational harm.

Bullying can come in many forms. The four types of bullying are:

1. **Verbal.** Verbal bullying includes the use of words. Name-calling, threatening, teasing, degrading comments are all examples of verbal bullying.

2. **Physical.** Physical bullying includes inappropriate touching. Hitting, kicking and pushing are all examples of physical bullying.

3. **Social**. Social bullying includes the use of exclusionary tactics. For example, deliberately excluding someone from a group or social activity.

4. **Cyber.** Cyber bullying involves the use of social media, e-mail, texts, or other cyber platforms to harm others by spreading rumors, derogatory or racist remarks or mean words.

Bullying can be direct or indirect.

- **Direct bullying is** hitting, kicking, shoving, spitting, taunting, teasing, degrading racial or sexual comments, threatening, obscene gestures.

- **Indirect bullying** is getting another person to hurt someone, spreading rumors, deliberate exclusion from a group or activity

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