

## Types of Bullying

Bullying means any physical act or gesture, or any verbal, written, or electronically communicated expression that creates an intimidating, hostile educational environment for the student who is bullied. 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.