

Bullying - What is Bullying?

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others have serious, lasting problems.

In order to be considered bullying, the behavior must be aggressive and include:

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.

Reputation: Bullying behaviors happen more than once or have the potential to happen more than once.

Bullying includes actions such as:

- making threats
- spreading rumors
- attacking someone physically or verbally
- excluding someone from a group on purpose

Types of Bullying, there are three types of bullying:

1. **VERBAL BULLYING** – saying or writing mean things, includes:
 - teasing
 - name-calling
 - inappropriate sexual comments
 - taunting
 - threatening to cause harm
2. **SOCIAL BULLYING** – referred to as relational bullying, involves hurting someone's reputation or relationships, includes:
 - leaving someone out on purpose
 - telling other children not to be friends with someone
 - spreading rumors about someone
 - embarrassing someone in public
3. **PHYSICAL BULLYING** – involves hurting a person's body or possessions, includes:
 - hitting/kicking/pinching
 - spitting
 - tripping/pushing
 - taking or breaking someone's things
 - making mean or rude hand gestures

Where and When Bullying Happens

Bullying can occur during or after school hours. While most reported bullying happens in the school building, a significant percentage also happens in places like:

- on the playground
- the bus
- traveling to and from school
- in the child's neighborhood
- on the internet

Cyberbullying - What is Cyberbullying?

Cyberbullying is bullying that takes place using electronic technology. Electronic technology includes devices and equipment such as:

- cell phones/smartphones
- computers from anywhere
- tablets

to include communication tools:

- social media sites
- text messaging
- chat forums
- websites

EXAMPLES:

- mean text messages
- emails
- rumors sent via text, email or
- posted on social media sites
- embarrassing /compromising pictures
- videos
- websites
- fake profiles

Why Cyberbullying is different:

Kids who are being cyberbullied are often bullied in person as well. Additionally, kids who are cyberbullied have a harder time getting away from the behavior.

- Cyberbullying can happen 24/7, and reach a kid even when s/he is alone.
It can happen ANY TIME, DAY or NIGHT
- Cyberbullying messages and images can be posted anonymously and distributed quickly to any audience. It can be difficult and sometimes impossible to trace the source.
- Deleting inappropriate or harassing messages, texts, and pictures is extremely difficult after they have been posted or sent!

Effects of Cyberbullying:

Cell phones and computers themselves are not to blame for cyberbullying. Social media sites can be used for letting friends and family know of your current activities but these same sites can also be used to hurt people as well. Whether done in person or through technology, the effects of bullying are similar.

Kids who are cyberbullied are more likely to:

- Use alcohol and drugs
- Skip school/unwilling to attend
- receive poor grades
- Experience in-person bullying
- Have lower self-esteem
- Have more health problems