



Forms of Bullying

It's not always easy to determine bullying behavior. How do you know if you're the victim of good-natured ribbing or bullying? Hostility and aggression directed towards a victim who is physically or emotionally weaker than the bully are more obvious signs of bullying. This behavior causes pain and distress for the victim. Bullying comes in various forms:

Physical Bullying is the most obvious form of intimidation and can consist of kicking, hitting, biting, pinching, hair pulling, and making threats. A bully may threaten to punch you if you don't give up your money, your lunch, etc.

Verbal Bullying often accompanies physical behavior. This can include name calling, spreading rumors, and persistent teasing.

Emotional Intimidation is closely related to these two types of bullying. A bully may deliberately exclude you from a group activity such as a party or school outing.

Racist Bullying can take many forms: making racial slurs, spray painting graffiti, mocking the victim's cultural customs, and making offensive gestures.

Sexual Bullying is unwanted physical contact or abusive comments.

Cyberbullying is one or a group of kids or teens using electronic means via computers and mobile phones (emails, Web sites, chat rooms, instant messaging and texting) to torment, threaten, harass, humiliate, embarrass or target another kid or teen.