

Bullying Prevention

Types of Bullying

Physical bullying

Physical bullying is any unwanted physical contact between the bully and the victim. This is one of the most easily identifiable forms of bullying. Examples include:

- punching
- pushing
- shoving
- kicking
- inappropriate touching
- tickling
- headlocks
- school pranks
- teasing
- fighting
- Use of available objects as weapons

Emotional bullying

Emotional bullying is any form of bullying that causes damage to a victim's psyche and/or emotional well-being. Examples include:

- spreading malicious rumors about people
- keeping certain people out of a "group"
- getting certain people to "gang up" on others (It also could be considered physical bullying)
- ignoring people on purpose - the silent treatment
- harassment
- provocation

Verbal bullying

Verbal bullying is any slanderous statements or accusations that cause the victim undue emotional distress. Examples include:

- directing foul language (profanity) at the target
- commenting negatively on someone's looks, clothes, body etc. - personal abuse
- tormenting
- harassment
- rumors
- being laughed at

Cyber-bullying

Cyber-bullying is any bullying done through the use of technology. This form of bullying can easily go undetected because of lack of parental/authoritative supervision. Because bullies can pose as someone else, it is the most anonymous form of bullying. Cyber bullying includes, but is not limited to, abuse using email, instant messaging, text messaging, websites, social networking sites, etc.