

What You Need to Know About Bullying

What is Bullying?

- Bullying is unwanted, aggressive behavior among youth that involves a real or perceived power imbalance.*
- The behavior is repeated, or has the potential to be repeated, over time.
- In order to be considered bullying, the behavior must be aggressive, repeated, 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.

- Bullying can be but is not limited to a specific personal characteristic such as race, gender, national origin, color, sexual orientation, personal appearance, disability, gender identity or expression, or familial status.

Types of Bullying

| Verbal | Physical | Social | Electronic |
|---|---|--|--|
| <ul style="list-style-type: none">• teasing• name-calling• inappropriate sexual comments• taunting• threatening to cause harm | <ul style="list-style-type: none">• hitting• kicking• pushing• pinching• spitting• rude gestures | <ul style="list-style-type: none">• purposefully leaving someone out• telling others not to be friends with someone• spreading rumors about someone• embarrassing someone in public | <ul style="list-style-type: none">• mean or threatening messages sent through text, email, Facebook or other social media• rumors posted on social networking sites• embarrassing pictures, videos, websites, or fake profiles |

Preventing Bullying: It Takes a District

- All adults need to be aware and prepared to create a safe climate for students
- Prevention needs to be a priority
- Take it seriously when a youth speaks up
- Youth who are bullied and who bully others may have serious, lasting problems – they need support
- Whatever the community – ask how you can help prevent bullying!