



## Definition of Bullying

*Bullying is when a person is picked on over and over again by an individual or group with more power, either in terms of physical strength or social standing.*

## Types of Bullying

Physical, Psychological, Verbal/Cyber Bullying

### Physical:

- Shoving
- Tripping
- Punching
- Hitting
- Sexual assault

### Psychological

- Verbal insults to put themselves in charge
- Threatening
- Gossiping
- Taunting, teasing
- Yelling at you
- Breaking or taking your possessions

### Verbal/Cyber Bullying

- Sending cruel text or email messages
- Posting insults on internet
- Sending harassing text or email
- Posting information or videos designed to hurt or embarrass someone else
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