



The 4 types of Bullying

Bullying is defined as repeated, aggressive behavior intended to harm others, physically, mentally, socially and/or emotionally. Below are the four main types of bullying:

1. Physical bullying involves hurting a person's body or possessions.

Physical bullying includes:

- Hitting, kicking, pinching, spitting, tripping, pushing
- Taking or breaking someone's things
- Making mean or rude physical gestures

2. Verbal bullying involves saying or writing mean things.

Verbal bullying includes:

- Teasing, name-calling, inappropriate comments
- Threatening to cause harm

3. Social bullying involves damaging someone's reputation or relationships.

Social bullying includes:

- Leaving someone out on purpose
- Spreading rumors
- Intentionally embarrassing someone in public

4. Cyber bullying involves aggression online through social media, games or other means.

Cyber bullying includes:

- Threatening or harassing electronic communications
- Exclusion or spreading rumors online
- Property damage resulting from electronic attacks that lead to the modification, dissemination, damage, or destruction of privately stored electronic information

Solutions to stop bullying behaviors are not simple. They require the involvement of the entire community to create a **culture of respect**. Recognizing bullying behavior is the first step to combating it. Studies have shown that **bystanders** who intervene in bullying incidents are often the most effective solution.