

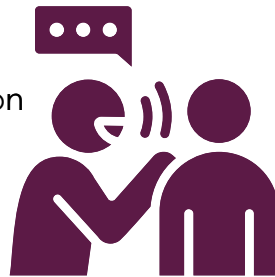
Bullying is purposeful, unwanted, aggressive behavior that is meant to inflict pain, discomfort, or fear. It is often repeated over time and includes an unequal balance of power.

3 Types of Bullying



Verbal bullying: Saying or writing mean things. Includes teasing, insults, name-calling, or threats.

Social or relational bullying: Hurting someone's reputation or causing embarrassment. Includes lying or spreading rumors in person or online.



Physical bullying: Hurting a person's body or possessions. Includes hitting, kicking, pushing, spitting, stealing, or breaking someone's things.

Preventing Bullying



Avoid the bully if possible. Sit in a new spot, take a different path to class, and try to be away from them as much as possible.

Don't get singled out-travel with a friend or in a group. If you know when the bully may approach, make sure you're not alone during that time.



Act confident, even if you're not. Doing things like: standing tall, making eye contact, and looking happy when you're with others can all help.

Dealing with Bullying

Stand up for yourself and be assertive.

Talk using a calm but firm voice.

Use "I" statements like "I think..." or "I feel..."

Try to walk away as though the bullying didn't bother you. Most bullies like making others feel bad, so if you can act like it didn't bother you, they may leave you alone.

Report the bullying to a trusted adult.