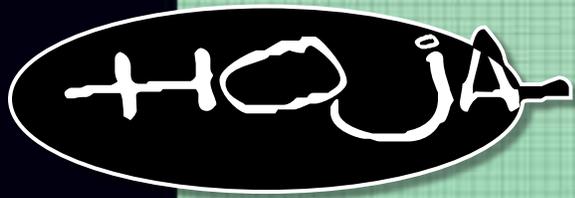


## 3 Kinds of Bullying

There are 3 different kinds of bullying and they each hurt in different ways. It's important to learn what they are and be able to recognize them so that you can tell an adult you trust if any of them are happening to you or if you've seen or heard of them happening to someone else.

- 1. Verbal Bullying** — can include name calling, taunting and teasing, belittling, racist comments, sexually suggestive or abusive comments, threats — possibly in order to take lunch money or possessions, abusive phone calls or emails, threatening notes, and spreading lies, rumors, and gossip. Sometimes the bully says 'What's the big deal, we were only teasing him,' but the truth is that saying mean things can hurt someone just as much or even more than physically hurting them.
- 2. Physical Bullying** — this is what most people think of when they think of bullying, and includes some obvious things such as hitting, pushing, kicking, tripping, and anything else that inflicts pain on someone. It also includes damaging or destroying someone's clothes or possessions. Sometimes the bully says 'We were just fooling around, I didn't mean to hurt him' or 'He started it' to try to shift the blame, but the truth is that doing something to hurt someone who is smaller or weaker than you is wrong.
- 3. Relational Bullying** — this can be the most difficult kind because it is sometimes hard to see exactly what the bullies are doing. It involves making someone feel bad about themselves by encouraging other people to ignore, exclude or shun them. Rumors are often spread behind their back, such as saying that someone has cooties or is a loser, and this is used as an excuse for encouraging everyone to ignore them. Sometimes a group of friends will decide all of a sudden to exclude one person who used to be part of the group simply to be mean and see how bad it makes them feel. You do not necessarily have to be friends with someone who you do not get along with or have a big disagreement with, but it is wrong to say things behind their back and encourage other people to ignore or not be friends with them.

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**Cyber bullying** is the use of the internet, cell phones, and other devices to commit acts of Verbal or Relational Bullying through email, online chatrooms, social media sites, posting to blogs, and texting.

It is particularly dangerous and harmful for the following reasons:

- ***Bullies can act anonymously so that it is not easy to find out who is doing the bullying. This can be scarier for the victim and also can make the bullies feel like they can get away with saying things they would not normally say face to face.***
- ***Supervision is lacking, even more so than at school or other places where a bully may be seen doing the bullying, which makes it hard for other people to step in to help.***
- ***It is hard to escape it, even in the safety of your own home.***
- ***Since young people sometimes know how to use the technology better than their parents and other adults, it can be hard for adults to find out about it and help stop the bullying.***

If reading anything on these pages makes you realize that you have hurt someone's feelings in one of these ways (maybe without even realizing that you were), that's okay. Everyone makes mistakes, it is part of growing up. But you now have the opportunity to do the right thing — you can apologize to them and promise yourself to not do it to anyone else ever again.

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