

# Bullying



DON'T FORGET

**Consider the effects  
of your words and  
actions on others**

## **What is bullying?**

Bullying is unwanted, aggressive behavior that is repeated over time. The goal of bullying is to hurt, insult, or threaten another person and involves a real or perceived imbalance of power. The bully exerts control over others by using intimidating or harassing actions against others, threatening them, spreading rumours, attacking them physically or verbally, or excluding them from a group on purpose. Bullying can occur anywhere – at school, on the bus and even at home via the internet.

It is important to not to confuse bullying with conflict. Conflict is an important part of growing up, and can be healthy, but bullying is not. In fact, there is nothing healthy about bullying. It is an abuse of power that can have significant consequences for the person being bullied and the bully. A person who is bullied may suffer from mental health issues like low self-esteem, depression, anxiety and post-traumatic stress as a result.

## Types of bullying

Bullying can take various forms. It could be:

- › Physical, which involves actions that hurt a person's body. Other forms of physical bullying include punching, slapping, hair pulling, pushing, kicking, breaking or destroying someone's things.
- › Verbal, which involves saying unkind things about someone. Other forms of verbal bullying include name calling, mocking, taunting, or threatening to hurt someone.
- › Social, which involves hurting someone's reputation or their relationships with other people. Other forms of social bullying include spreading rumors or falsehoods about a person, deliberately excluding them from conversations and events, embarrassing them in public.
- › Cyberbullying, which involves harassment that takes place over digital devices like mobile phones, computers, and tablets.

If you are the victim of bullying, it is important not to keep quiet about it and suffer in silence. Speaking up is the first step to addressing the problem. Speak to your teacher, parents or other adults who can help.