

# Bullying Behaviors

Bullying is the repetition of harmful or demeaning behaviors over a period of time. It's an imbalance of power with one student or a group of students repeatedly harming another student. A bullying situation is clearly recognized by the difference in facial expression of the student being bullied (fear, shame, dread, hurt), and the student bullying (delight, anger, domination, manipulation).

### There are a variety of bullying behaviors:

- teasing
- mocking
- verbal taunts
- harassing
- name-calling
- put downs
- threatening with verbal or physical aggression
- hitting
- kicking
- shoving
- pinching
- intimidating
- singling a student out and treating differently
- excluding or leaving people out on purpose
- isolating a student by teasing, belittling, or ignoring
- using the “silent treatment”
- gossiping
- spreading rumors
- breaking up friendships
- taking personal belonging
- using emails, text messages, or social media to demean or threaten other students