

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 doing the 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 him or her differently
- excluding or leaving a student 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