

## BULLYING DEFINED

Bullying is any intentional act that causes physical and/or emotional pain, embarrassment, humiliation, or discomfort.

Bullying happens in different ways:

TYPES OF BULLYING	EXAMPLES
Physical	Hitting, punching, shoving, pinching, tripping, spitting, scratching, damaging/hiding/stealing belongings, throwing objects, locking someone in or out of a room
Verbal	Name-calling, making offensive remarks, taunting, teasing, put-downs
Emotional / Relational	Spreading rumors, gossiping, making fun of, threatening looks/gestures, excluding from a group, ignoring, ostracizing, alienating
Cyber	Posting negative comments and rumors about someone, creating "hate" pages, threatening someone, posting embarrassing pictures/video, etc. This includes the use of: cell phones, texting, digital images, social networking sites, websites, gaming sites, e-mail, instant messaging, chat rooms, etc.
Racial	Racial comments, jokes, etc.
Sexual Harassment	Unwanted touches, looks, comments, gestures, jokes
Reactive	Provoking bullies into action through taunting or physical means and then claiming self-defense

Bullying is against the law and will not be tolerated at school. Consequences do exist and could result in reporting to law enforcement.