

Bullying is ...Any aggressive and unwanted behavior that is intended to harm, intimidate, or humiliate the victim; involves a real or perceived power imbalance between the aggressor or aggressors and student who is bullied; and is repeated over time or causes severe emotional trauma.

Bullying can happen to anyone, anywhere.

# TYPES OF BULLYING

## PHYSICAL



- Pushing, shoving, hitting, spitting, kicking
- Defacing, damaging property
- Taking items from others

## VERBAL

- Teasing
- Name-calling
- Threatening to cause harm
- Inappropriate sexual comments
- Taunting



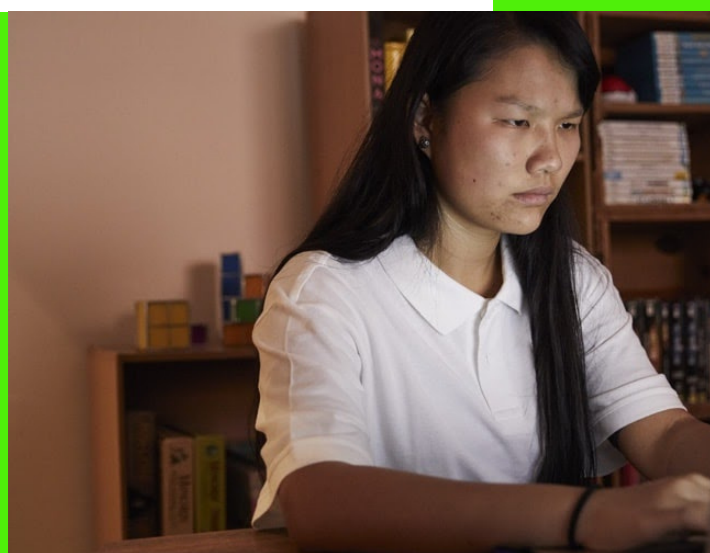
## SOCIAL/EMOTIONAL



- Excluding: telling other kids not to be friends
- Rumor spreading
- Breaking up friendships
- Embarrassing someone in public

## CYBERBULLYING

- Sending cruel or threatening messages or emails
- Posting embarrassing photos or comments
- Harassing other players in online video games



**ANTI-BULLYING AND SAFE SCHOOLS HOTLINE**

**(757) 628-1171**

**[SAFESCHOOLS@NPSK12.COM](mailto:SAFESCHOOLS@NPSK12.COM)**