



SAY NO TO BULLYING

What is Bullying?

Bullying is repeated, negative, unwanted action toward another individual. There is usually an imbalance of perceived power between the bully and the victim.

The most popular forms of Bullying

Verbal: *name calling, teasing, racial comments, sarcasm, rumors, mean spirited comments, intimidate*

Social: *mobbing, excluding, humiliating, using graffiti aimed at others, putdowns*

Physical: *unwanted touching, hitting, spitting, tripping, shoving, pushing, being aggressive*

Cyber: *similar to verbal bullying but is done online or through texting*