

Types of Bullying

Bullying typically includes:

- attack or intimidation with the intention to cause fear, distress, or harm that is one or more of:
 - physical (e.g., hitting, punching),
 - verbal (e.g., name-calling, teasing), or
 - psychological/relational (e.g., rumors, social exclusion);
- a real or perceived imbalance of power between the bully and victim; and
- repeated attacks or intimidation between the same children over time (Farrington & Ttofi, 2010).

Threatening Behavior	Includes verbal, nonverbal or written threats against a person, the person's friends or family or property. It generally consists of threats to hurt or destroy.
Verbal Bullying	Name-calling, making offensive remarks (e.g. racist, sexist or homophobic), or joking about a person's religion, gender, ethnicity, socioeconomic status, or the way they look. Excessive teasing meant to hurt someone's feelings is also verbal bullying. An example is a group of students who make fun of another student because s/he couldn't run as fast as everyone else.
Physical Bullying	Includes any physical contact that would hurt or injure a person like hitting, kicking, punching, pinching, scratching, spitting, etc. Taking something that belongs to someone else and destroying it would also be considered a type of physical bullying. For example, it would be physical bullying if someone walking down the street was shoved to the ground by another person.
Cyberbullying	Sending messages, pictures, or information using electronic media, computers (email, instant messages, chat-rooms, social networking sites, etc.), or cell phones (text messaging, photo/vides messaging, voicemail, etc.). An example of cyberbullying would be writing nasty comments or threats to a person on Facebook.
Written	Bullying behavior that is only displayed through written materials like notes, letters, blogs, etc.
Indirect	Includes spreading rumors or stories about someone, telling others about something that was told to you in private. An example would be starting a rumor that a student likes playing with dolls because the rumor is believed to be funny.
Intimidation	When a bully threatens someone else and frightens that person enough to make him or her do what the bully wants.
Emotional/Relational	This type of bullying is the most difficult type to demonstrate and protect against. It not only focuses on the victim, but can target the victim's family and home. Emotional or relational bullying happens when there is harm to someone's self-esteem or feeling of safety. It is common among girls, although boys sometimes use it. Emotional/Relational bullying can include social alienation (i.e. intentionally excluding someone from a group).