WHAT IS BULLYING?

Bullying is defined as repeated, intentional psychological and/or physical intimidation. There are a number of distinguishing characteristics that are hallmarks of bullying, such as:

- **REPEATED/PERSISTENT** behavior, whereas Aggression may be a one-time occurrence;
- **INTENTIONAL** behavior, not merely clueless or unintentional;
- **DIRECTED at a TARGET(s)**, not generalized;
- **HARMS the TARGET(s)** – stress-related physical health complications, psychological/emotional injuries, economic damages, etc.

Typical tactics used by bullies include, but are not limited to:

- Demands/threats
- Mockery/sarcasm
- Insults/put-downs/personal attacks
- Public humiliation
- Spreading gossip or lies
- Unrelenting/persistent criticism
- Isolation/exclusion/ostracism
- Name-calling/swearing
- Severe/nasty tone of voice
- Yelling
- Constantly interrupting
- Finger-pointing
- Invading another’s space
- Looming/hovering over
- Slamming objects