

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