



Bullying Is:

- Unwanted aggressive behavior
- Repeated over time
- A power imbalance (physical strength, access to embarrassing information, popularity, etc.)
- Intentional/on purpose: to cause fear, distress, or harm

Bullying is NOT:

- A mean or rude moment
- Something that happens once
- Accidental or unintentional
- Not liking someone

Types of Bullying:

- *Physical Bullying*
 - o Using physical force to torment or harm someone
 - o Hitting, kicking, tripping, punching, pinching, hair pulling, & damaging property
- *Verbal Bullying*
 - o Vocal comments intentionally directed at a person or people
 - o Name calling, insults, teasing, comments based on protected class (ex. Racism, Abilities, Religion, LGBTQIA+ etc.), threats, and intimidation
- *Social Bullying*
 - o Harming someone's social reputation or status, intentionally embarrassing or humiliating someone in public
 - o Rumors, lying, exclusion or isolation, jokes or pranks to embarrass someone, rude facial expressions or hand gestures, mocking or mimicking
- *Cyber Bullying*
 - o Using technology or social media to target someone
 - o Cruel messages, mocking posts, rude comments, posing as someone online
- *Mental/Emotional Bullying*
 - o Intentionally harming the way a person thinks or feels about themselves
 - o Can be a combination with other types of bullying
 - o Comments about worth or value, rumors, cruel nicknames

References:

California Department of Education, *School Environment*: Website <https://www.cde.ca.gov/ls/ss/se/>

Foresthill Union School District, *Policy 5131.2: Bullying*: Website

<https://simbli.eboardsolutions.com/Policy/ViewPolicy.aspx?S=36030241&revid=9slshYJphKlvCvPHdWNYqOhHw==&ptid=amlqTZiB9plushNjl6WXhfiOQ==&secid=9slshUHzTHxaaYMVf6zKpJz3Q==&PG=6&IRP=0&isPndq=false>