

## Types of Bullying

**Bullying can take many forms, but it typically includes the following:**

Verbal Bullying - Verbal bullying is when someone is saying or writing harmful things or making threats. It includes:

- Name-calling
- Taunting
- Teasing
- Threatening to cause harm
- Making inappropriate comments

Social Bullying - Social bullying is also called relational bullying, relational aggression, or emotional bullying. It involves threatening someone's reputation or relationships. Social bullying can include:

- Excluding someone on purpose
- Spreading rumors and gossip about someone
- Shunning, or telling others not to interact or be friends with someone
- Publicly embarrassing someone

Physical Bullying - Physical bullying includes bodily harm or damage to possessions. Any form of aggressive physical contact constitutes physical bullying. This type of bullying can include:

- Hitting, kicking, or spitting on someone
- Tripping or pushing someone
- Taking or breaking someone's things
- Making mean or inappropriate gestures

Cyberbullying - Cyberbullying involves bullying or harassing someone online or through social media. This harassment can occur on a computer, telephone, cell, or text messaging device. Cyberbullying can include:

- Sending mean texts
- Posting insults about someone on social media
- Making rude comments about someone's posts
- Posting or sending personal information about someone to others in order to hurt or embarrass that person
- Threatening someone or bullying them through online chats or groups

Racist Bullying - Racist or racial bullying can include all other types of bullying, even physical attacks. It includes:

- Belittling, mocking, or intimidating someone because of their race
- Devaluing someone's racial background
- Discrediting someone's religious or cultural practices
- Insulting or shaming a person's speech, the way they dress, or their customs

Sexual Bullying - Sexual bullying includes any unwanted sexual physical contact, inappropriate comments, or online harassment. It includes:

- Sending or posting sexually explicit photos, messages, or videos
- Making inappropriate sexual comments, jokes, or hand gestures
- Spreading sexual rumors
- Groping, grabbing, or touching in a sexual manner
- Pressuring someone for sex or sexually explicit photos