

Harassment, Intimidation, and Bullying Definitions

CONFLICT vs. BULLYING

Bullying is NOT a phase young people must endure or outgrow. Bullying is not a conflict between students or among groups of students. *Conflict* is a *mutually* competitive or opposing action or engagement, including a disagreement, an argument or a fight which is a normal part of human development. *Bullying* is *one-sided*, where one or more students are *victims* of one or more person's aggression, which is intended to physically or emotionally hurt the victim(s).

TYPES OF BULLYING BEHAVIOR

Verbal - Includes taunting, name calling, malicious teasing or making threats (U.S. Department of Justice, 2001).

Psychological - Includes spreading rumors, purposefully excluding people from activities, breaking up friendships (U.S. Department of Justice, 2001).

Physical - Includes hitting, punching, shoving, spitting, or taking personal belongings (U.S. Department of Justice, 2001).

Cyberbullying - Includes using the telephone, cell/mobile phone, pager, Internet, or other digital technologies to harm others (DuPage County Anti-Bullying Model Policy and Best Practices, 2011).