



kids therapy made simple

# Bullying

## What is Bullying?

Bullying is unwanted, aggressive behavior among school aged children that often includes teasing, talking about hurting someone, spreading rumors, leaving kids out on purpose, or attacking someone by hitting them or yelling at them.

In order to be considered bullying, the behavior must be aggressive and include:

- an imbalance of power: kids who bully use their power to control or harm others
- repetition: behaviors happen more than once or have the potential to happen more than once

(for more information on bullying please visit [www.stopbullying.gov](http://www.stopbullying.gov))

## Types of Bullying

### Verbal:

saying or writing mean things

- teasing
- name-calling
- inappropriate sexual comments
- taunting
- threatening to cause harm

### Social:

hurting someone's reputation or relationships

- leaving someone out on purpose
- telling other children not to be friends with someone
- spreading rumors about someone
- embarrassing someone in public

### Physical:

hurting someone's body or possessions

- hitting/kicking/pinching
- spitting
- tripping/pushing
- taking or breaking someone's things

## Signs a child is being bullied

- unexplained injuries
- lost or destroyed clothing, books, electronics
- frequent stomach aches or headaches, faking illness
- difficulty sleeping or frequent nightmares
- declining grades, not wanting to go to school
- sudden loss of friends or avoidance of social situations
- feelings of helplessness or decreased self esteem
- self-destructive behaviors such as running away, harming themselves or talking about suicide

## Signs a child is bullying others

- getting into physical or verbal fights
- have friends who bully others
- are increasingly aggressive
- get sent to the school office frequently
- have unexplained new belongings or extra money
- blame others for their problems
- are competitive and worry about their reputation