
Bullying is any behavior that is done to intentionally harm someone. Bullies use their physical, social, or emotional power to cause pain and force their targets to obey their requests. Most bullying behaviors are repeated over time.

There are five types of bullying:

1. **Physical**: hitting, shoving, poking, biting, stealing or destroying someone’s property.
2. **Verbal**: name-calling, spreading rumors, put-downs, ridiculing someone’s physical or intellectual characteristics.
3. **Cyber**: any use of the internet or technology to spread hurtful words and images to others, including email, text messages, Facebook, and Twitter.
4. **Sexual or gender**: inappropriate touches, crude comments, spreading rumors about one’s sexual activity, homophobic slurs, any other unwanted sexual behavior.
5. **Emotional**: isolating someone from the group, giving hostile looks, rejecting someone, using threatening body language or hand signals.
What do I do if I witness bullying?

- Tell a trusted adult
- Don’t ignore or join the bully; this only gives him or her more power
- Talk to the target in private to make sure he or she is okay
- Challenge the bully, but only if it’s safe
- Get a group to challenge the bully
- Include the target in your activities
- Befriend a troubled bully

If you or someone you know is being bullied, please contact the 24 hour Parent & Youth Resource Hotline at 1-800-332-6378 or 1-800-CHILDREN.

You may also send an email or text to 1800children@kcsl.org.