

# Connect. Empower. Transform.

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 bullier; this only gives him or her more power
- Talk to the target in private to make sure he or she is okay
- Challenge the bullier, but only if it's safe
- Get a group to challenge the bullier
- Include the target in your activities
- Befriend a troubled bullier

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.**

