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WEEK 2 OF BULLYING PREVENTION MONTH FOCUSES ON RECOGNIZING DIFFERENT KINDS OF BULLYING

Williamsburg, VA, Jan. 10 – Parent and family participation and communication are critical in understanding and addressing the underpinnings of the dynamics that lead to bullying. This also assists in providing early identification, reporting, and intervention by the school and local community in partnership with our families to assist the victim and address the bystanders and the bully.

Following are the different kinds of bullying to watch for, and report if observed. These actions must be committed repeatedly over a period of time to be considered bullying:

1. **Physical bullying** includes any physical contact that would hurt or injure a person like hitting, kicking, punching, etc. Taking something that belongs to someone else and destroying it would also be considered a type of physical bullying. For example, if someone was walking down the street and someone came up to them and shoved them to the ground - that would be physical bullying.

2. **Verbal bullying** is name-calling, making offensive remarks, or joking about a person's religion, gender, ethnicity, socioeconomic status, or the way they look. For example, if there was a group of kids who made fun of another one because he couldn't run as fast as everyone else, it would be an example of verbal bullying. Verbal aggression is when a bully teases someone. It can also include a bully making verbal threats of violence or aggression against someone's personal property.

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3. **Indirect bullying/Emotional Bullying** (also called "Relational Aggression") includes spreading rumors or stories about someone, telling others about something that was told to you in private. An example would be if a student started a rumor that a boy in her class likes playing with dolls, and if the reason that the student made up the story was because she thought others would laugh at them or tease them - this would be indirect bullying.

4. **Social alienation** is when a bully excludes someone from a group on purpose. It also includes a bully spreading rumors, and also making fun of someone by pointing out their differences.

5. **Intimidation** is when a bully threatens someone else and frightens that person enough to make him or her do what the bully wants.

6. **Cyberbullying** is done by sending messages, pictures, or information using electronic media, computers (email & instant messages), or cell phones (text messaging and voice mail). For instance, if someone sent a picture of a snake in an e-mail to a person because the sender knows that they are afraid of snakes, that would be an example of cyberbullying.

(Information from: <http://library.thinkquest.org/07aug/00117/typesbullying.html>.)

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