Common Forms of Bullying

(Please note that this is not intended to constitute an exhaustive list)

Verbal Bullying

- Teasing
- Name-calling
- Inappropriate sexual comments
- Taunting
- Threatening to cause harm
- Other pervasive, ongoing pattern intended to intimidate, harass, or shame a student

Social Bullying

- Exclusion—intentionally excluding a student
- Telling other students not to be friends with someone
- Spreading rumors about someone
- Embarrassing someone in public
- Other pervasive, ongoing pattern intended to intimidate, harass, or shame a student

Physical Bullying

- Hitting/kicking/pinching
- Spitting
- Tripping/pushing
- Taking or breaking someone's things
- Making mean or rude hand gestures
- Other pervasive, ongoing pattern intended to intimidate, harass, or shame a student

Cyberbullying

- Intimidating text messages or e-mails
- Rumors by e-mail or social networking sites
- Embarrassing pictures and videos
- Trolling
- Other pervasive, ongoing pattern intended to intimidate, harass, or shame a student

Helpful resources: *Best Practices in Bullying Prevention* found at http://stopbullyingnow.hrsa.gov.