What Is Bullying?

Verbal (Words)
- Yelling, taunting, insulting

Physical (Actions)
- Pushing, hitting, kicking

Cyberbullying (Social Media)
- Sending hurtful messages or images by Internet or cell phone
- Excluding, spreading rumors, turning friends against you

Relational (Friendships)
- Bullying: Deliberate (on purpose)
- Repeated (more than once)
- Power Imbalanced (unequal power)

Look Out…