

# Forms of Bullying

1. Unkind remarks and name-calling
2. Exclusion from social situations or work groups
3. Physical contact: Hitting, kicking, or shoving
4. Rumors and lies
5. Damage to or theft of personal property
6. Threats or forcing the victim to do something he or she doesn't want to do
7. Racial, religious, or homophobic bullying
8. Sexual bullying
9. Cyber bullying (texting or Internet)

Source: Olweus Bullying Prevention <http://olweus.org/public/bullying.page>

