

# 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)

Questions for reflection:

- In each of these cases, how do you think bullies benefit from this interaction?
- How do you think the victims might respond in order to protect themselves or diffuse the situation?
- How would you feel after repeat incidents of these interactions?

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

