

Name: \_\_\_\_\_

# What Is Bullying?

*Bullying* is when one or more of the following things happen again and again to someone who finds it hard to stop it from happening again. Bullying is when a person or a group of people offline or online (cell phone or Internet):

Make fun of and tease someone in a mean and hurtful way



Tell lies or spread nasty rumors about someone to try to make others not like him or her



Leave someone out on purpose or not allow them to join in



Hit, kick, or push someone around



Deliberately damage, destroy, or steal someone's things



Threaten or make someone feel afraid of getting hurt



It is *not* bullying when:

Teasing is done in a friendly, playful way



Two people who are as strong as each other argue or fight



*Cyberbullying*—using, for example, a cell phone or the Internet—is when a person:



- Sends nasty or threatening emails or messages on the Internet or via cell phone
- Sends mean or nasty comments or pictures about others to websites like Myspace, Facebook, or Gchat or to other students' cell phones
- Deliberately ignores or leaves others out over the Internet
- Pretends to be someone else online to hurt someone or make him or her look foolish

Cyberbullying can happen when things such as hurtful text messages, pictures, video clips, and emails are being sent to you. It can also happen when these things are sent to others about you.