



Bullying Behaviors

- **Bullying or Normal Conflict** Normal conflict can occur any time or place and is generally accidental and resolved by the parties in the conflict. Bullying behaviors occur where the person bullying feels safe engaging in power-seeking behavior which is intentionally harmful and directed at someone who is considered weak or vulnerable. Bullying is generally resolved by third party intervention.
- **Bullying or Harassment** Harassment behaviors share the common themes found in the definition of bullying. Harassment is typically directed toward a protected class of individuals. For example, specific types of harassment could include sexual harassment or racial harassment. Harassment is discussed in more detail on page three.
- **Bullying** Bullying, including cyberbullying, occurs when a student or group of students directs written or verbal expressions or physical conduct against another student and the behavior results in harm to the student or the student's property; places a student in fear of physical harm or of damage to the student's property; or, is so severe, persistent, or pervasive that it creates an intimidating, threatening, or abusive educational environment. [Conroe ISD Student Handbook].
- **Types of Bullying** Bullying behaviors may be direct or indirect and include verbal and nonverbal behaviors that cause physical, social/relational, or emotional/psychological harm. Bullying can include:
 - **Written aggression** - harm to person through written word. Written bullying can occur through a hand written communication or through information or communication technology.
Examples: slam books, graffiti, texting.
 - **Verbal Aggression** - harm to person through spoken word. Verbal bullying often occurs when there is an unfair match between the bully and the victim, and can range from repeated taunting to threats of harm.
Examples: taunting, intimidating phone calls, verbal threats against possessions or of inflicting bodily harm.
 - **Physical Aggression** - harm to person or a person's property. Physical bullying often involves a smaller victim who is easily harmed by a larger bully; physical bullying demonstrates the bully's power to others.
Examples: shoving, spitting, kicking, hitting, ruining property, stealing, physically humiliating, locking in a closed space, physical violence against friends or family, threatening with a weapon, inflicting bodily harm.
 - **Social/Relational Aggression** - harm to a person's group acceptance. Social bullies often isolate a victim by spreading rumors or lies about the victim or encouraging others to shun the victim.
Examples: spreading rumors, ethnic slurs, setting up to take blame, publicly humiliating (reveal personal information), manipulation of situation to ensure rejection, threaten with total isolation of peers.
 - **Intimidation** - harm to a person through pressure or fear. Intimidation demonstrates the bully's power to others and disempowers the victim.
Examples: extortion, threaten to reveal personal information, graffiti, publicly challenging to do something, playing a dirty trick, threats of coercion, threatening with a weapon.

(Adapted from: Bonds, Marla and Sally Stoker, (2000).

Bully-Proofing Your School: A Comprehensive Approach for Middle Schools. Sopris West).