

Personal Reflections: Types of Bullying

Physical bullying

Physical bullying can take many forms: hitting, kicking, spitting, hair-pulling, shoving, tripping, etc. All of these physical acts are part of physical aggression and bullying.

My personal experiences (What I or my child has experienced):

Verbal bullying

Verbal bullying can take many forms: making threats, using hurtful words, teasing/making fun, yelling, etc. We know that words hurt, and verbal bullying can be incredibly devastating to children and adolescents.

My personal experiences (What I or my child has experienced):

Social and relational bullying

Social and relational bullying can take many forms: social harassment or hazing; social isolation; making fun of friend groups, clothes, hair, money or access to things; starting and spreading rumors, etc.

My personal experiences (What I or my child has experienced):

Cyberbullying

Cyberbullying occurs through technology and has become the latest form of bullying. Cyberbullies use social media, texting and online gaming to hurt others. This form of bullying can quickly escalate as posts and other messaging can be quickly spread and accessed by many at one time.

My personal experiences (What I or my child has experienced):