

What you should know about bullying

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What you should know about bullying More than 3. 2 million kids are being bullied each year. Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance.

The behavior is repeated, or has the potential to be repeated, over time.

Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose. There are three main types of bullying: Verbal Bullying – Verbal Bullying is bullying which is done verbally. For example teasing, name calling, threatening to cause harm, etc. Social Bullying/Relational Bullying- Social Bullying/Relational Bullying is where your intention to hurt somebody's reputation or social standing.

For example, spreading rumors about somebody, embarrassing somebody in public, leaving somebody out on purpose, etc. Physical Bullying – Physical Bullying is a type of bullying that hurts somebody's body or possessions. For example, spitting on someone, kicking/hitting/pushing somebody, taking or breaking somebody's possessions. There are many roles of bullying:

Bystander – A bystander is a person who observes someone being bullied and either does or does not do anything to stop it. Cyberbullying – The act of harassing someone online by sending or posting tight-fisted messages, usually anonymously. Harassment – The act of being troubled easily and/or aggressive reassurance.

Target – The victim who is being bullied. Bullying happens everywhere and anywhere. It could happen in your school your town or wherever and whenever you go places. It can happen with anyone, at any time. Many

adults believe that bullying is a part of growing up because of the fact that it is very common and has been occurring since forever. Not many people realize that bullying is not okay until it happens to them or to someone close to them.

Becoming an upstander is the right thing to do because if you stand up to what's wrong, you will be thanked and feel amazing because you just helped someone. Together, you can get liberate bullying – but only if you do something! Speak up, Help others and most of all don't be afraid. Unite, be empowered and speak out against bullying and cyberbullying!