

Types of Bullying

Did you know that bullying isn't just someone punching you in the face or a bully calling you a name that you don't like? Bullying is a lot more than that. There are even different types of bullying.



Different Kinds of Bullying

1. **Physical bullying** includes any physical contact that would hurt or injure a person like hitting, kicking, punching, etc. Taking something that belongs to someone else and destroying it would also be considered a type of physical bullying. For example, if someone was walking down the street and someone came up to them and shoved them to the ground, that would be physical bullying. In elementary and middle schools, 30.5% of all bullying is physical.
2. **Verbal bullying** is name-calling, making offensive remarks, or joking about a person's religion, gender, ethnicity, socioeconomic status, or the way they look. For example, if there was a group of kids who made fun of another kid because he couldn't run as fast as everyone else, it would be an example of verbal bullying. 46.5% of all bullying in schools is the verbal type. Verbal aggression is when a bully teases someone. It can also include a bully making verbal threats of violence or aggression against someone's personal property.
3. **Indirect bullying** includes spreading rumors or stories about someone, telling others about something that was told to you in private, and excluding others from groups. An example would be if you started a rumor that a boy in your class likes playing with dolls, and if the reason that you made up the story was because you thought it was funny. This would be indirect bullying. Indirect bullying accounts for 18.5% of all bullying.
4. **Social alienation** is when a bully excludes someone from a group on purpose. It also includes a bully spreading rumors, and also making fun of someone by pointing out their differences.
5. **Intimidation** is when a bully threatens someone else and frightens that person enough to make him or her do what the bully wants.
6. **Cyberbullying** is done by sending messages, pictures, or information using electronic media, computers (email & instant messages), or cell phones (text messaging & voicemail). For instance, if you sent a picture of a snake in an email to a person because you know that they are afraid of snakes, that would be an example of cyberbullying. According to a survey done in 2003 only 4% of bullying is listed as "other types" and this would include cyberbullying. Even though this number seems small, the growth of this type of bullying is going up fast because of the spread of technology around the world.