**WHAT IS *BULLYING?***

Bullying is defined as repeated, intentional psychological and/or physical intimidation. There are a number of distinguishing characteristics that are hallmarks of bullying, such as:

* **REPEATED/PERSISTENT** behavior, whereas Aggression may be a one-time occurrence;
* **INTENTIONAL** behavior, not merely clueless or unintentional;
* **DIRECTED at a TARGET(s),** not generalized;
* **HARMS the TARGET(s)** – stress-related physical health complications, psychological/emotional injuries, economic damages, etc.

Typical tactics used by bullies include, but are not limited to:

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| * Demands/threats | * Severe/nasty tone of voice |
| * Mockery/sarcasm | * Yelling |
| * Insults/put-downs/personal attacks | * Constantly interrupting |
| * Public humiliation | * Finger-pointing |
| * Spreading gossip or lies | * Invading another’s space |
| * Unrelenting/persistent criticism | * Looming/hovering over |
| * Isolation/exclusion/ostracism | * Slamming objects |
| * Name-calling/swearing |  |