

# Bullying—What Is and is Not Bullying

One definition of bullying is:

"Bullying is a conscious, **repeated**, hostile, **aggressive** behaviour of an individual or a group abusing their position with the **intention** to harm others or gain real or perceived **power**."

Whatever definition of bullying is used, they all contain a similarity in that the behaviour is **repeated**, **aggressive** and about **gaining power**.

What Is Bullying	What is Not Bullying
Any of the following <b>aggressive</b> behaviours are bullying if the actions are <b>repeated</b> , and done with the <b>intention of gaining power</b> .	Any of the following <b>aggressive</b> behaviours are not bullying if the actions occur <b>once</b> (i.e., no pattern) or done with <b>no intention of gaining power</b> .
<b>Physical Attack</b> such as: <ul style="list-style-type: none"> <li>• Bumping into someone</li> <li>• Pushing, Shoving, Tripping</li> <li>• Hitting (directly or with something else)</li> <li>• Punching, Kicking</li> <li>• Fighting</li> </ul>	<b>Physical behaviours</b> such as: <ul style="list-style-type: none"> <li>• accidentally bumping into someone</li> <li>• Making others play things a certain way (natural behavior—everyone likes things done their way)</li> <li>• Any of the behaviours listed to the left (pushing, shoving, tripping, hitting, etc.) which occurs ONCE (i.e., is not a repeated or pattern of behavior)</li> </ul>
<b>Verbal Attack</b> —for any kind of difference, such as: <ul style="list-style-type: none"> <li>• Racial</li> <li>• Gender</li> <li>• Sexual Orientation</li> <li>• Physical (height, weight, glasses, etc.)</li> <li>• Skills Ability/Disability (too smart, stupid, spaz, etc.)</li> <li>• Physical Appearances (cloths, jewelry, hair cut)</li> <li>• Economic Status</li> <li>• Marital Status</li> <li>• Religion</li> <li>• Association with a Group</li> <li>• Threats and Intimidation</li> <li>• Taking Possessions or Stealing (eg. hat, money, etc.)</li> <li>• Exclusion from groups/activity</li> </ul>	<b>Verbal behaviours</b> such as: <ul style="list-style-type: none"> <li>• A statement of dislike toward or about someone</li> <li>• A single act of telling a joke about someone</li> <li>• Arguments or heated disagreements between two or more people/groups (the pattern of which is not repeated to gain power)</li> <li>• Expressions of unpleasant thoughts or feelings regarding others</li> </ul>
<b>Non-Verbal Attack</b> such as: <ul style="list-style-type: none"> <li>• Staring or glaring</li> <li>• ‘Pretending to whisper’ while looking at someone</li> <li>• Shunning</li> </ul>	<b>Non-verbal behaviours</b> such as: <ul style="list-style-type: none"> <li>• Being excluded</li> <li>• Not playing with someone</li> <li>• Choosing different people or groups to play with from time to time</li> </ul>