Bullying is characterized by 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.

**Verbal**
Verbal bullying involves saying or writing mean things. Examples include: teasing, name-calling, inappropriate sexual comments, taunting, and threatening to cause harm.

**Physical**
Physical bullying includes hurting a person's body or possessions. Examples include: hitting/kicking/pinching, spitting, tripping/pushing, taking or breaking someone's things, and making mean or rude gestures.

**Social**
Also referred to as relational bullying. Social bullying involves hurting someone's reputation or relationships. Examples include: leaving someone out on purpose, discouraging other children from being friends with someone, spreading rumors, and embarrassing someone in public.

**Cyber**
Cyberbullying is bullying that takes place over digital devices and can occur via texting, apps, social media, forums, email or gaming services. Examples include sending, posting, or sharing negative, harmful, false, or mean content about someone else.

There is a strong association between bullying and suicide-related behaviors.

* More than 1 out of every 5 students reported being bullied in 2016.
* 70.6% of youth say they have seen bullying in their school.
* Approximately 30% of young people admit to bullying others.
* Only 20-30% of victims report bullying to an adult.

**What can students do?**
- Be kind. Treat everyone with respect.
- Stand up for others. Lend your support to the bullying victim and report bullying to a trusted adult.
- Get involved. Be a leader and role model by participating in awareness and prevention efforts (e.g., sharing prevention ideas with school staff, participating in peer education programs, spreading awareness through social media campaigns).

**What can schools do?**
- Teach students about bullying through discussion, activities, assignments, and presentations.
- Considering using anonymous surveys to better understand your school’s climate. Use this data to address prevention efforts.
- To ensure that bullying prevention efforts are successful, all school staff must to be trained on what bullying is, what the school’s policies and rules are, and how to enforce the rules.

Sources: StopBullying.gov, Center for Disease Control, National Center for Education Statistics and Bureau of Justice Statistics