

physical

punching, hitting,
slamming, socking,
spitting, slapping

verbal

put downs, nasty
statements, name calling,
taunting, racial slurs, or
hurtful comments,
threatening

emotional

excluding,
shunning,
spreading
rumors or
mean gossip,
ruining your
reputation

Bullying

sexual

saying or doing
things that are
disrespectful in
a sexual way

cyber

using the internet, social media,
text messaging, e-mail and other
electronic mediums to say mean
or embarrassing things