

## What is Bullying?

Bullying is a serious problem for the young people who are bullied. In those who bully, it often shows a lack of empathy and an inability to see things from the victim's point of view. Bullying behaviour negatively affects all children and teenagers. Despite its often hidden social, emotional, physical and mental health and development.

**Bullying means using power to consistently or repeatedly negative actions inflicted by one or more youth against another.**

The actions may be of a physical, verbal, written or non-verbal nature and may use a number of techniques. These include teasing, name-calling, taunting, threatening, exclusion, rejection, solitary confinement, manipulating, humiliating and physical actions. Impact is determined as well as perceived power between both aggressor and victim. When aggressors engage in direct bullying tactics, girls who are bullied are more likely to experience more negative mental health. In other bullying situations, the aggressor's ability to create an ongoing pattern of harassment and abuse.

Bullying is learned and reinforced throughout society - in the community, in the social group, at home, at school - wherever youth live and learn. According to the research of Dr. Diana Pepler and Dr. Wendy Craig from the University of Toronto, as well as the research of the University of Colorado, "Children who bully others have learned aggressive behavior from environments of getting status, power and respect."

**Source: Simcoe County District School Board**

<http://sdsb.on.ca/parents-concerns/schools/bullying/>