

## What is Bullying?

Bullying is a serious problem for the young people of our nation. In those who bully, victims who are bystanders and for reasons in the community in which they live. Bullying behavior negatively affects all children and is significant. Despite its first healthy-social, emotional, physical and intellectual growth and development.

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

The actions may be of a physical, verbal, written or nonverbal nature that span a multitude of behaviors. These include teasing, name-calling, taunting, threatening, exclusion, rejection, solitary confinement, manipulating, humiliating and physical actions. Impact is psychological as well as physical power between both aggressor and victim. When bullies are engaged in direct talking methods, give students something to understand from their behavior methods, such as speaking clearly and effectively with confidence. Addressing bullying should be done. The key concept is addressing what the physical or psychological methods usually repeatedly over time 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, in school - wherever youth live and learn. According to the research of Dr. David Finkelhor and Dr. Wendy Chung from the University of California, Berkeley, the research on children's psychological health, "Children who have been bullied experience serious health and educational consequences of getting along, social withdrawal."

**Source: Simcoe County District School Board**

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