

# Types of Bullying

## Racial Bullying

Preys on victims through racial slurs, offensive gestures, or by making jokes about a victim's cultural traditions.

## Physical Bullying

Can accompany verbal bullying and involves things like kicking, hitting, punching, biting, hair-pulling, or threats of physical harm.

## Cyber Bullying

Through e-mail, instant messaging, Internet chat rooms, and camera cell phones, cyber-bullies can spread hurtful messages and images.

Being bullied is the equivalent to being stalked or abused, and should be considered just as serious.

## Verbal Bullying

Abusive or offensive language; name calling; insults; inappropriate comments about a person's appearance, personal life or lifestyle.

Involves unwanted physical contact, sexually abusive, inappropriate, or unwanted comments of any type from anyone at anytime.

## Emotional Bullying

Can be subtle and involve spreading rumors. This kind of bullying is isolating or excluding the victim from activities or spreading rumors. This kind of bullying is common among girls.