

# WHAT IS BULLYING?

Bullying is defined as an individual using consistent or reoccurring behavior, i.e., teasing, name calling, or physically (poking, pushing, etc.) to intimidate someone. The intent of these actions is to force the individual to do what you would want them to do.

The example below provides an example of NON-Bullying scenario.

## Scenario: (NON- Bullying)

Target: "... a girl at school today told me I'm ugly."  
Support: "Is this the first time she's made fun of you?"  
Target: "Yes! And I feel really sad because she is bullying me."  
Support: "This is not the meaning of bullying. Someone saying you're ugly once or twice in passing is not a case of bullying".

REFERENCE THE DEFINITION

Target: "Oh, well what is it?"  
Support: "It's someone's opinion – you will always face people's opinions. What you need to understand is that an opinion doesn't define you."

## NEXT STEPS – YOUR CHECK LIST

The example below is an example of BULLYING in action.

## Scenario: (BULLYING in action)

Target: "... every day at lunch the same boy comes over to my table to make fun of my clothes and calls me ugly."  
Support: "Is this the first time he's made fun of you?"  
Target: "No it's not! ... He does it every day and the other kids are laughing at me!"  
Support: "How long has this been going on?"  
Target: "It's been going on for over a month now!"  
Support: "The fact that he teases you every day and it's consistent, this is definitely the case, you're being targeted and being bullied."  
Target: "I thought so."  
Support: "I'd like to help you learn how to be able to have resolution yourself..."  
Target: "Me too, but how?"

## NEXT STEPS – YOUR CHECK LIST



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