

Three Classifications of Bullying

Below are some examples of bullying. These activities can take place in person (overtly), through discussions with others (covertly) or in the virtual world of the Internet (either overtly or covertly).

Social alienation which includes acts such as:

- negative comments or teasing about the person's appearance, clothing, actions, personality or other things personal to the victim
- gossiping about or spreading rumours
- embarrassing or publicly humiliating
- setting up to look foolish
- setting up to take the blame for something
- exclusion from the group
- threatening exclusion from the group
- manipulating to achieve exclusion from the group
- manipulation in order to gain compliance
- ethnic slurs, racism, homophobia and sexual harassment

Intimidation which includes such acts as:

- hiding, damaging or taking possessions (books, hats, clothing, lunches)
- playing dirty tricks or pranks
- dirty looks or threatening gestures
- name calling and taunting
- threatening to reveal personal information
- intimidating or harassing phone calls, e-mails, notes or letters
- extortion
- threatening to vandalize or damage other property or possessions (bicycles, victims's home, car...)
- verbal threats of violence or bodily harm to the victim, the victims family, friends or pets

Physical aggression includes such acts as:

- spitting on or at
- pushing
- shoving
- kicking
- hitting or slapping
- vandalizing or damaging property or possessions (bicycles, home, car,...)
- stealing
- locking in or out of a space
- throwing objects at
- physical acts that are humiliating such as "wedgies" or "Swirlees", spitting on, pouring liquids on
- physical violence against family, friends or pets
- threatening with a weapon
- any other acts of bodily harm including sexual assaults and sexual touching