

What is bullying?

Unwanted, aggressive behavior that involves a real or perceived power imbalance.

Types of bullying

- Physical: Anything that uses force, such as pushing, hitting or kicking
- Social: Using relationships to hurt others
- Verbal: Calling someone names, teasing, or hurtful comments
- Cyber/Social Media: Using the internet or cell phones
- Passive Aggressive: Indirect acts of aggression
- Microaggressions: Everyday slights, putdowns and insults; often based on group status such as race, gender, culture, etc.

Who is a target of bullying?

People who are seen as a threat, such as academically or athletically, could be a target. People who are different, for example people with a mental or physical disability or someone seen as unattractive may be targeted. Lastly, people who are perceived as weak or shy could be a target of bullying because they are seen as easy to pick on.

Are you being bullied?

If you are being bullied, there are many things you can do. First, document everything. Next, find support. Talk to a friend or a counselor. Look at your options and decide on the best course of action. In some cases, talking to University administration or law enforcement or seeking an order for protection may be important.

How can you help?

You can help a person who is being bullied by sticking up for the person, helping the person find support, and helping the person consider options. You can also help prevent bullying by including everyone in social activities and being friendly.

How can a counselor help me?

A counselor can be a support system for you by providing ideas and advice and helping you consider your options. It is also helpful to have someone to talk to about the bullying problem. A counselor will be there for you and will always be ready to listen and give input if it is wanted.