

Bullying Definition

Checklist



Bullying is a pattern of behavior over time. It happens over and over again. An isolated incident---even if it is mean, even if it is a fight---is probably not bullying. There are consequences for those behaviors, but they are treated differently than bullying behavior



There is an imbalance of power. The child being bullied has less power to defend himself or herself either physically, emotionally, socially, or intellectually. For example, a very shy child may lack the social and emotional ability to defend himself or herself against a loud attention-seeking bully.



It was on purpose, and it hurt (physically or emotionally).



The same people are involved.

Click here to read [“What to Do If Your Child Is Being Bullied.”](#)