

What Is Bullying?



Bullying was once thought of as the big, strong guy picking on the weaker, smaller boy and taking his lunch money.

While that is one form of bullying, other acts are forms of bullying.



Bullying can take the form of such actions name calling, teasing, intimidation, excluding from a group,



as

sending insulting messages by electronic means or by a third party, or gesturing. Both boys and girls are bullied, and both boys and girls are bullies.



If you think your child is a victim of bullying, check out the [Bullying Definition Checklist](#).