Our Definition of Bullying

The Anti-Bullying Alliance defines bullying as:

the repetitive, intentional hurting of one person or group by a person or group, which involves an imbalance of power.

Bullying can be:

- face-to-face
- online
- physical
- verbal
- psychological

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Key features:



hurtful



repetition

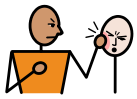


power imbalance



intentional

Bullying behaviour can be:



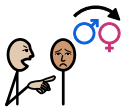
physical



verbal



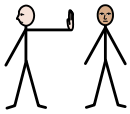
emotional



sexual



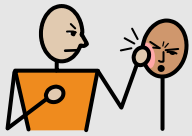
cyber



indirect

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Bullying behaviour can be:



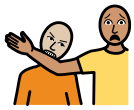
physical



pushing



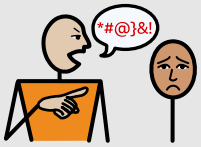
kicking



biting



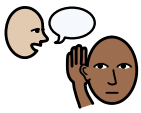
pinching



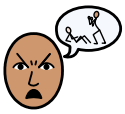
verbal



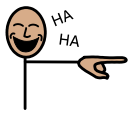
name calling



spreading rumours



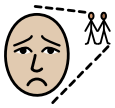
threats



teasing



emotional



isolating others



threatening gestures



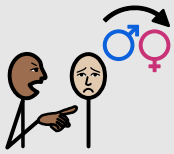
coercion



humiliation

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Bullying behaviour can be:



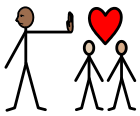
sexual



inappropriate touching



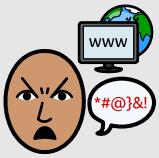
abusive comments



homophobic abuse



exposure to inappropriate films



cyber



posting on social media



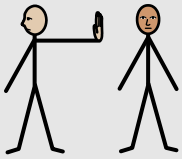
sending nasty messages



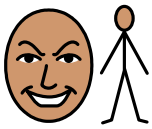
sharing photos



social exclusion



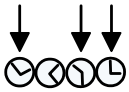
indirect



using others

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Bullying is often group behaviour:

Bullying often involves:



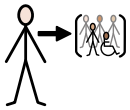
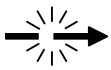
a bully or bullies



a victim or victims

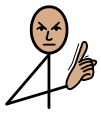


other people


Other people are often involved and can influence the bullying.






They may affect the situation on purpose or without realising it.

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