

### TYPES OF BULLYING

The categories of bullying listed below are not mutually exclusive.

Bullying may take various forms, including:

#### **Physical:**

- Kicking or hitting
- Prodding, pushing or spitting
- Other physical aggression/assault
- Intimidating physical behaviour
- Interference with personal property
- Extortion (e.g. of pocket-money or items in packed lunch).
- Unwanted / inappropriate physical contact

#### **Verbal/Psychological:**

- Threats or taunts
- Name calling / verbal abuse
- Making inappropriate comments e.g. in relation to appearance.
- Spreading of rumours
- Sexual innuendo
- Suggestive propositioning
- Exposure to age-inappropriate themes or material
- Graffiti with sexual content aimed at an individual.

#### **Social/emotional**

- Shunning /ostracism
- Negative peer pressure
- Deliberate targeted exclusion from peer-group activities
- Innuendo
- Spreading of rumours
- Making inappropriate comments e.g. in relation to appearance.

#### **Prejudice-related bullying (e.g. racist, homophobic, disablist, sexist)**

- The refusal to acknowledge the cultural/ racial/ familial background of an individual.
  - The refusal to acknowledge/ respect the sexuality or gender identity of an individual.
- Sexual bullying can spring from, or be expressed within, prejudice-related attitudes and motivations (e.g. sexism, unwanted pornography, homophobia, transphobia).

Any of the above examples may be experienced within prejudice-related bullying.

Further, more specific examples may include:

- Physical, verbal, written, on-line or text abuse or ridicule based on differences of (e.g.) race, colour, ethnicity, sexual orientation, gender, gender identity, physical or sensory ability, religion, learning difficulty, and mental health problems (whether relating to the object of the bullying or relating to a member of their family or a friend)
- Refusal to co-operate with others on the basis of any of the above differences
- Negative stereotyping on the basis of race, gender, sexual orientation, ability (etc., as above)
- Promoting offensive materials such as racist or homophobic leaflets, posters, graffiti, magazines or computer software on school premises
- Not actively discouraging such material from within the school community
- Refusing to use ones chosen name or personal pronoun
- An insistence upon a previously disregarded name or personal pronoun which does not correspond with the presented gender role of any individual
- Continued association of a word/ term which is primarily used to connote a minority group with negativity or aggression e.g. calling another child who fouls at football 'gay', or referring to an object as such.

## **Cyber-Bullying**

"Cyber bullying is an aggressive, intentional act carried out by a group or individual, using electronic forms of contact, repeatedly over time against a victim who cannot easily defend him or herself."

Seven categories of cyber bullying have been identified:

1. Text message bullying involves sending unwelcome texts that are threatening or cause discomfort.
2. Picture/video-clip bullying via mobile phone cameras or other mobile devices is used to make the person being bullied feel threatened or embarrassed, with images usually sent to other people.
3. Phone call bullying via mobile phone uses silent calls or abusive messages. Sometimes the bullied person's phone is stolen and used to harass others, who then think the phone owner is responsible. As with all mobile phone bullying, the perpetrators often disguise their numbers, sometimes using someone else's phone to avoid being identified.
4. Email bullying uses email to send bullying or threatening messages, often using a pseudonym for anonymity or using someone else's name to pin the blame on them.
5. Chat room bullying involves sending menacing or upsetting responses to children or young people when they are in a web-based chat room.
6. Bullying through instant messaging (IM) or social media (Facebook, Snapchat, Instagram) is a form of bullying where children and young people are sent unpleasant messages as they conduct real-time conversations online or via mobile devices.
7. Bullying via websites includes the use of defamatory blogs (web logs), personal websites and online personal polling sites. There has also been a significant increase in social networking sites for young people, which can provide new opportunities for cyberbullying.