Types of Bullying

Racial Bullying
Preys on victims through racial slurs, offensive gestures, or by making jokes about a victim’s cultural traditions.

Physical Bullying
Can accompany verbal bullying and involves things like kicking, hitting, punching, or threats of physical harm.

Cyber Bullying
Through e-mail, instant messaging, internet chat rooms and camera cell phones and cyberbullies can spread hurtful messages and images.

Emotional Bullying
Involves attacks on self-esteem and can be verbal or nonverbal.

Sexual Bullying
Involves unwanted physical contact of any type from unwarranted comments or sexual abuse.

Being bullied is the equivalent to being stalked or abused, and should be considered just as serious.