



## KEY POINTS - What is Bullying?

1. Bullying is often defined as repeated negative and unwanted actions toward a victim over time.
2. Bullying can happen anywhere—in work, school, cyberspace, neighborhoods, and within personal relationships.
3. Bullying comes in many forms:

Physical aggression

Verbal aggression

Non-verbal aggression

Cyber-bullying

Teasing and aggravating

Isolation and exclusion

Manipulation

Sabotage

Property destruction