**What is bullying?**

Bullying is a widespread and serious problem that can happen anywhere. It is not a phase children have to go through, it is not "just messing around", and it is not something to grow out of. Bullying can cause serious and lasting harm.

Although definitions of bullying vary, most agree that bullying involves:

* **Imbalance of Power**: people who bully use their power to control or harm and the people being bullied may have a hard time defending themselves
* **Intent to Cause Harm**: actions done by accident are not bullying; the person bullying has a goal to cause harm
* **Repetition**: incidents of bullying happen to the same the person over and over by the same person or group

**Types of Bullying**

Bullying can take many forms. Examples include:

* **Verbal**: name-calling, teasing
* **Social**:spreading rumors, leaving people out on purpose, breaking up friendships
* **Physical**: hitting, punching, shoving
* [**Cyberbullying**](http://www.stopbullying.gov/topics/cyberbullying/index.html): using the Internet, mobile phones or other digital technologies to harm others

An act of bullying may fit into more than

One day I was finishing my homework and went outside because when I always finish my homework I go outside. So when I went outside I went to get my friends so we can go play soccer, so I went to get my friend so when we were playing soccer we saw to boys one was older by 3 years. When we saw them the older boy was pushing him and making fun of his height how he was short. So another big kid defended the little kid when we were a bystander.