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
* **Cyber Bullying**: using the Internet, mobile phones or other digital technologies to harm others

An act of bullying may fit into more than one of these groups.

Story about the time I was a bystander

It happened not too long ago, when I saw someone get bullied. He was sitting at his lunch table next to me when he said “happy birthday P\*\*\*\*\*\*.” I was sitting right near both of them when P\*\*\*\*\*\* said, ”shut up K\*\*\*\*\*’.“ Then K\*\*\*\*\* asked “What?” “I said shut up.” “That’s mean!” said K\*\*\*\*\*. “ Do I care? No, so shut up.” Then P\*\*\*\*\*\* started talking to his friend and forget about it. Then K\*\*\*\*\* started telling me about some kind of cool car and he forgot about it. But I didn’t, and that is why I am writing this story for you.