"**Bullying** is a form of [aggressive](http://en.wikipedia.org/wiki/Aggression) [behavior](http://en.wikipedia.org/wiki/Behavior), which may manifest as abusive treatment, the use of force or coercion to affect others, [[2]](http://en.wikipedia.org/wiki/Bullying#cite_note-1) particularly when habitual and involving an imbalance of power. It may involve verbal [harassment](http://en.wikipedia.org/wiki/Harassment), physical [assault](http://en.wikipedia.org/wiki/Assault) or [coercion](http://en.wikipedia.org/wiki/Coercion) and may be directed persistently towards particular victims, perhaps on grounds of [race](http://en.wikipedia.org/wiki/Race), [religion](http://en.wikipedia.org/wiki/Religion), [gender](http://en.wikipedia.org/wiki/Gender), or ability. The imbalance of power may be social power and/or physical power. The victim of bullying is sometimes referred to as a target."

When I was bulled I had a sick feeling in my stomach every single day felt like a year. My life was like a vortex of cause but I got over with every day. The next school year everything was all right some insults but it’s all good.