“ Bullying is intentional aggressive behavior. It can take the form of physical or verbal harassment and involves an imbalance of power (a group of children can gang up on a victim or someone who is physically bigger or more aggressive can intimidate someone else, for instance).”

“Bullying behavior can include teasing, insulting someone (particularly about their weight or height, race, sexuality, religion or other personal traits), shoving, hitting, excluding someone, or gossiping about someone .”

“Bullying can cause a victim to feel upset, afraid, ashamed, embarrassed, and anxious about going to school. It can involve children of any age, including younger elementary grade-schoolers and even kindergarteners. Bullying behavior is frequently repeated unless there is intervention.”

“Cyber bullying is new way to bully and crops up out of our teens’ ability to connect with each other through internet social websites, email and cell phones. While the ability to talk with friends in these different ways is fun, it has given bullies a new way of doing what they want to do - hurt people.”

When I was a bully, I was not noticing or thinking that I was a bully and more kids were bullies too. To one girl we did not think how she felt. We got in trouble and our teacher she said we were bullies. We did not notice until she said that. We were bully’s so we stopped. So we did not bully anymore because we know how the girl felt so we stopped.