**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**: 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.

This is my story,

It happened not too long ago. I was in drumming class having fun and talking to my teacher when a girl came into my class and disrupted the whole class. And said my mother was waiting down stairs for me when I got out of class she grabbed my shirt and pushed me against the wall .that’s when I knew my mom wasn’t waiting for me . So I said what going on, why did you call her a b\*\*\*\* she said. I didn’t I said to her. She tried taking me to the teacher’s room thank god Mr.jo showed up he said for us to get to class that’s when I told him.