“Bullying involves a desire to hurt + hurtful action + a power imbalance + (typically) repetition + an unjust use of power + evident enjoyment by the aggressor and a sense of being oppressed on the part of the victim.”

**BULLY ACTIONS**

Physical
- gestures
- touching
- shoving, pushing
- hitting
- kicking
- attacking with weapon
- assault
- rape
- murder
- hating crime
- teasing
- mocking
- taunting
- name calling
- ridicule
- exclusion
- rejection
- ostracism

Social/Verbal
- ethnic/racial/gender/sex orientation slurs

**VICTIM RESPONSES**

Physical/Behavioral
- ignore
- avoid
- flee
- make a joke
- find allies
- assertive response
- seek adult help
- change school
- fight back physically
- move out of community
- skip school
- run away
- assault
- murder
- suicide
- indifference
- annoyance
- anger
- fear
- shame
- stress
- illness
- rage
- depression

Emotional

“...we should monitor the emotional reactions of the perpetrator and remember that they can change; and also tune in to the feelings of being oppressed that victims invariably feel, often, but not always, with strong justification.” - *ibid.*