

"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."

- Ken Rigby, "What Is Bullying?" http://www.education.unisa.edu.au/bullying/define.html

## **BULLY ACTIONS**

Tiysical							nate crime	
gestures touchi	ng shoving, pushing	g hitting	kicking	attacking	with weapon	assault	rape	murder
teasing mod	king taunting ethnic/racial/gen	name callin der/sex orient	-	exclu	usion	rejection	(	ostracism
ocial/Verbal								
			VICTIM	RESPONSE	ES	change school		
hysical/ ehavioral					fight back physically	move out of community		
ignore avoid	flee make a joke	find allies	assertive response	seek adult help	fight back verbally	skip school run away ass	ault murder	suicide
indifference	annoyance	anger	fear	shame	stress	illness	rage	depression

## **Emotional**

**Physical** 

"...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.

hate crime