

TYPES OF BULLYING					
Physical Bullying Harm to someone's body or property		Emotional Bullying Harm to someone's self-esteem or feeling of safety		Social Bullying Harm to someone's group acceptance	
Verbal	Nonverbal	Verbal	Nonverbal	Verbal	Nonverbal
LEVEL ONE					
- Expressing physical superiority - Blaming the victim for starting the conflict	- Making threatening gestures - Defacing property - Pushing/shoving - Taking small items from others	- Insulting remarks - Calling names - Teasing about possessions, clothes, physical appearance	- Giving dirty looks - Holding nose or other insulting gestures	- Gossiping - Starting or spreading rumors - Teasing publicly about clothes, looks, relationships with boys/girls, etc.	Ignoring someone and excluding them from a group
LEVEL TWO (some of these behaviors are against the law)					
Threatening physical harm	- Damaging property - Stealing - Starting fights - Scratching or biting - Pushing, tripping, or causing a fall - Assaulting	- Insulting family - Harassing with phone calls - Insulting your size, intelligence, athletic ability, race, color, religion, ethnicity, gender, disability, or sexual orientation	- Defacing school work or other personal property, such as clothing, locker, or books - Saying someone is related to a person considered an enemy of this country (e.g., Osama bin Laden)	- Ostracizing using notes, Instant Messaging, e-mail, etc. - Posting slander in public places (such as writing derogatory comments about someone in the school bathroom)	Playing mean tricks to embarrass someone
LEVEL THREE (most of these behaviors are against the law)					
- Making repeated and/or graphic threats (harassing) - Practicing extortion (such as taking lunch money) - Threatening to keep someone silent: "If you tell, it will be a lot worse!"	- Destroying property - Setting fires - Physical cruelty - Repeatedly acting in a violent, threatening manner - Assaulting with a weapon	Harassing you because of bias against your race, color, religion, ethnicity, gender, disability, or sexual orientation	- Destroying personal property, such as clothing, books, jewelry - Writing graffiti with bias against your race, color, religion, ethnicity, gender, disability, or sexual orientation	Enforcing total group exclusion against someone by threatening others if they don't comply	Arranging public humiliation

Source: Kansas Association of School Boards