

| TYPES OF BULLYING | | | | | |
|---|--|--|--|---|--|
| Physical Bullying | | Emotional Bullying | | Social Bullying | |
| Harm to someone's body or property | | Harm to someone's self-esteem or feeling of safety | | Harm to someone's group acceptance | |
| Verbal | Nonverbal | Verbal | Nonverbal | Verbal | Nonverbal |
| LEVEL ONE | | | | | |
| <ul style="list-style-type: none"> Expressing physical superiority Blaming the victim for starting the conflict | <ul style="list-style-type: none"> Making threatening gestures Defacing property Pushing/shoving Taking small items from others | <ul style="list-style-type: none"> Insulting remarks Calling names Teasing about possessions, clothes, physical appearance | <ul style="list-style-type: none"> Giving dirty looks Holding nose or other insulting gestures | <ul style="list-style-type: none"> Gossiping Starting or spreading rumors Teasing publicly about clothes, looks, relationships with boys/girls, etc. | <ul style="list-style-type: none"> Ignoring someone and excluding them from a group |
| LEVEL TWO (some of these behaviors are against the law) | | | | | |
| <ul style="list-style-type: none"> Threatening physical harm | <ul style="list-style-type: none"> Damaging property Stealing Starting fights Scratching or biting Pushing, tripping, or causing a fall Assaulting | <ul style="list-style-type: none"> Insulting family Harassing with phone calls Insulting your size, intelligence, athletic ability, race, color, religion, ethnicity, gender, disability, or sexual orientation | <ul style="list-style-type: none"> 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) | <ul style="list-style-type: none"> Ostracizing using notes, Instant Messaging, e-mail, etc. Posting slander in public places (such as writing derogatory comments about someone in the school bathroom) | <ul style="list-style-type: none"> Playing mean tricks to embarrass someone |
| LEVEL THREE (most of these behaviors are against the law) | | | | | |
| <ul style="list-style-type: none"> 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!" | <ul style="list-style-type: none"> Destroying property Setting fires Physical cruelty Repeatedly acting in a violent, threatening manner Assaulting with a weapon | <ul style="list-style-type: none"> Harassing you because of bias against your race, color, religion, ethnicity, gender, disability, or sexual orientation | <ul style="list-style-type: none"> Destroying personal property, such as clothing, books, jewelry Writing graffiti with bias against your race, color, religion, ethnicity, gender, disability, or sexual orientation | <ul style="list-style-type: none"> Enforcing total group exclusion against someone by threatening others if they don't comply | <ul style="list-style-type: none"> Arranging public humiliation |

Source: Kansas Association of School Boards