

Prevention of School Bullying Task Force

Definitions of bullying

“A person is being bullied when she/he is exposed, repeatedly and over time, to negative actions on the part of one or more persons, and she/he has difficulty defending her/himself. Negative actin is when a person intentionally inflicts injury or discomfort upon another person, through physical contact, through words or in other ways. Note that bullying is both overt and covert behaviors. Bullying is a pattern of behavior that is repeated over time against the same person(s) with a noted power differential.” (Olweus, D. 2007)

“Bullying is the systematic abuse of power in interpersonal relationships.” (Rigby, *Children and Bullying*, 2008)

“Bullying is a conscious, willful, and deliberate hostile activity intended to harm, induce fear through the threat of further aggression, and create terror...(it) will always include these three elements: imbalance of power, intent to harm, and threat of further aggression. When bullying escalates unabated a fourth element is added: terror.” (Coloroso, *The Bully, the Bullied, and the Bystander*, 2002)

“Bullying is a particularly vicious kind of aggressive behavior distinguished by repeated acts against weaker victims who cannot easily defend themselves, ((Farrington, 1993; Smith & Brain, 2000). Its consequences are severe, especially for those victimized over long periods of time. Bullying is a complex psychosocial problem influenced by a myriad of variables. The repletion and imbalance of power involved may be due to physical strength, numbers, or psychological factors.” (Smith, D.J, Schneider, B.H., Smith, P.K., & Ananiadou, K. 2004)

“Direct bullying is a relatively open attack on a victim that is physical (hitting, kicking, pushing, choking) and or verbal (name calling, threatening, taunting, malicious teasing) in nature. Indirect bullying is more subtle and difficult to detect. It involves one or more forms of relational aggression, including social isolation, intentional exclusion, rumor-spreading damaging someone’s reputation, making faces or obscene gestures behind someone’s back, and manipulating friendships and other relationships.” (UCLA Center, Mental Health in Schools Program Policy and Analysis, 2011)

“Through our research on bullying, we have come to understand bullying as a relationship problem, suggesting that the problems arise from complex interpersonal dynamics rather than simply from an individual child’s problem with aggression or with being unable to defend him or herself....Children who bully are learning how to use power and aggression to control and distress another; those children who are repeatedly victimized become trapped in abusive relationships that are increasingly difficult to escape.” (Craig, W.M. 2007)

“Relational Aggression is defined as nonphysical aggression in which one manipulates or harms another’s social standing or reputation.” (Crick, Ostrov, & Kawabata, 2007)

Cyberbullying

“Cyberbullying is willful and repeated harm inflicted through the use of computers, cell phones, and other electronic devices...The most important elements...include the following: willful, repeated, harm, Computers, cell phones and other electronic devices.” (Hinduja & Patchin, *Bullying Beyond the Schoolyard*, 2009)

“Any kind of aggression perpetrated through technology—any kind of harassment or bullying (teasing, telling lies, making fun of someone, making rude or mean comments, spreading rumors, or making threatening or aggressive comments) that occurs through email, a chat room, instant messaging, a website (including blogs), or text messaging.” (Centers for Disease Control, 2008)

“Students increasingly bully others using electronic communication devices and the internet. Cyber bullying involves sending hurtful or threatening text messages and images with these devices in order to damage the target’s reputation and relationships.” (UCLA Center, Mental Health in Schools Program Policy and Analysis, 2011)

“Cyber bullying is bullying through email, instant messaging (IM-ing), chat room exchanges, Web site posts, or digital messages or images sent to a cellular phone or personal digital assistant (PDA) (Kowalski et al. 2008). Cyber bullying, like traditional bullying, involves an imbalance of power, aggression, and a negative action that is often repeated.” (Olweus Bullying Prevention Program, retrieved 4/4/2012)

“Bullying is a subtype of aggressive behavior characterized by the intent to harm, repetition of attacks, and the abuse of power over a weaker victim (Olweus 199). Besides direct physical or verbal aggression, bullying can include indirect forms such as group exclusion or gossip (Crick and Bigbee 1998) and sometimes occurs through electronic means such as email or cellular phones (Patchin and Hinduja 2006).” (Ryan & Smith, 2009)