



TYPES OF BULLYING

Physical Bullying

Usually includes pushing, shoving, hitting or kicking the victim or abusing personal property. Statistics show that bullies who resort to these types of practices usually continue with similar behavior as adults.



Emotional Bullying

Excludes the victim from social or group settings. More common among girls than boys, it uses nasty rumors and unkind stories to discriminate and isolate children at a time when they need their social connections the most.

Cyber Bullying

Using social media, instant message, blog, website, or any other electronic means to threaten, humiliate, or scare someone else.



Verbal Bullying

Includes name calling and attacks with words to hurt or humiliate the victim. Quick and easy to inflict, it can leave invisible scars that may never heal.



How can bullies be stopped?

Bullies must not be allowed to get away with their behavior. If you are the victim or a bystander, report the incident as soon as possible to someone in authority at school or to a trusted adult.

You must speak up in order to stop the bullies from continuing.

THIS INFOGRAPHIC IS A PUBLICATION OF THE KERN COUNTY SHERIFF'S OFFICE CRIME PREVENTION UNIT

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