

cyberbullying: The use of information and communication technologies that supports deliberate, repeated, and hostile behaviour by an individual or group, that is intended to harm others.

physical: A form of bullying that can involve hitting, pushing, tripping etc.

social: A form of bullying that can involve gossiping, spreading rumours and exclusion.

verbal: Taunting, name-calling and put-downs are examples of this form of bullying.

empathy: Learning to appreciate and understand other's feelings.

power: Bullying is about an imbalance of power in relationships.

control: Bullying is about an imbalance of power and control in relationships.

relationships: Successful anti-bullying programs focus on teaching, encouraging and supporting healthy relationships.

bullying: This behaviour has three key aspects; it is repeated, intentional, and there is an imbalance of power between those involved.

bully: A person who engages in bullying behaviour.

victim: A person who is bullied.

bystander: Someone who watches bullying and does not act.

peers: Bullying happens in front of bystanders eighty-five percent of the time.

behaviour: Bullying is a learned behaviour.

learned: Bullying is a learned behaviour.

supervision: Bullying decreases when adult supervision increases.

intervene: Bullying will stop most of the time in less than ten seconds when others intervene.

depression: Bullying can lead to depression and thoughts of suicide.

health: Bullying should also be considered a health and wellness issue.

administration: Bullying can be reduced when the school administration shows leadership.

tolerance: Respect for differences.

repeated: Bullying behaviour has three key aspects; it is repeated, intentional, and there is an imbalance of power between those involved.

intentional: Bullying is repeated and intentional behaviour that harms others.

imbalance: Bullying is about an imbalance of power in relationships.