3.1 Types of Bullying

In lesson 1 we discussed the definition of “bullying” and “cyberbullying”. Now, we will study the different forms in which bullying can appear. Let’s drive in:

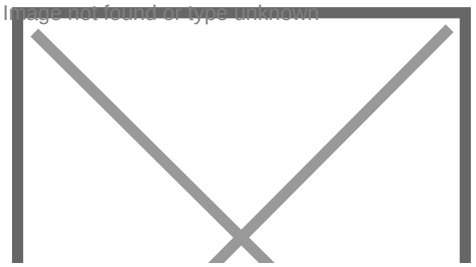
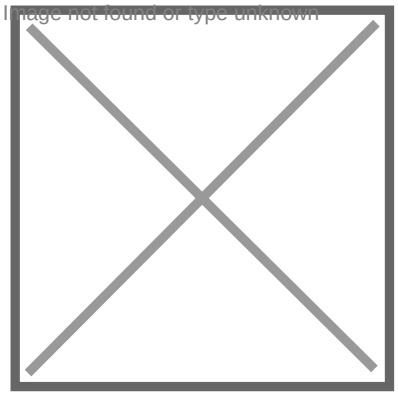
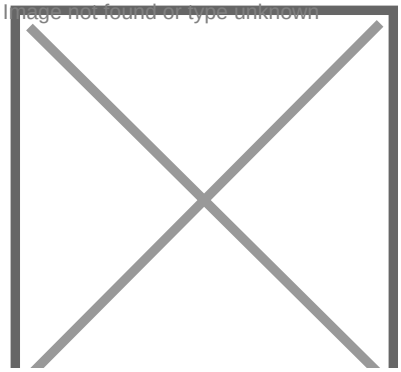
	Physical Bullying: This is the most visible type of bullying, which involves physical aggression like hitting, pushing, or kicking. The bully uses their physical strength to intimidate the victim.
	Verbal Bullying: This type of bullying includes name-calling, teasing, and insults. Verbal bullying can be just as hurtful as physical bullying, and it can leave long-lasting emotional scars.
	Social Bullying: This type of bullying is also known as relational bullying, and it involves damaging the victim's social reputation or relationships. The bully spreads rumors, excludes the victim from social groups, and manipulates friendships.

Image not found or type unknown	Cyberbullying: This type of bullying occurs online or through electronic devices. It includes sending hurtful or threatening messages, posting embarrassing pictures, or spreading rumors online. Cyberbullying can have a significant impact on the victim's mental health and can be difficult to escape (check Lesson 1 for more information).
Image not found or type unknown	Emotional Bullying: This type of bullying involves the bully attacking the victim's emotional well-being. Emotional bullying includes behaviors such as manipulating, intimidating, or using the victim's emotions against them to control or harm them. It can cause the victim to feel anxious, depressed, or helpless.
Image not found or type unknown	Racial Bullying: This type of bullying targets individuals based on their race or ethnicity. It includes using racial slurs, making derogatory comments, or discriminating against someone because of their skin color or cultural background.

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