

## What is Bullying?

Sometimes it's hard to know what bullying is, even for adults! Here is a definition and explanation that you can use to tell if you are being bullied or if you have seen or participated in bullying someone.

**“Bullying is when someone repeatedly and on purpose says or does mean or hurtful things to another person who has a hard time defending himself or herself.” – Dr. Dan Olweus**

There are three parts of bullying:

1. There is an imbalance of power. This means that the person or persons who are bullying have power or strength over another person or persons. For example, the person who is bullying may be more popular, physically bigger, taller or older.
2. Bullying is unwanted and forceful.
3. Bullying happens more than once or has the possibility of happening more than once.

There are different types of bullying (from [stopbullying.gov](http://stopbullying.gov)):

1. *Verbal* – saying or writing mean things
2. *Social or Relational* – hurting someone's relationships or friendships
3. *Physical* – hurting someone's body

If you feel like you have been bullied, or if you have seen or participated in bullying someone, there are things you can do. Click below to find out more.

[What to Do If You Are Bullied](#)

[What to Do If you See Bullying](#)

[Am I Bullying Others?](#)

Sources: U.S. Department of Education [stopbullying.gov](http://stopbullying.gov) and Dr. Dan [Olweus](#)

The Kentucky Center for School safety has a Tipline that you can call to report bullying in your school district, if the district has signed on to participate. Here is the link: [S.T.O.P. Safety Tipline.](#)

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