

Name \_\_\_\_\_ Class \_\_\_\_\_

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### Physical Bullying & Harassment

People can bully others in many different ways. The most obvious type is physical bullying. Physical bullying is when someone does things to hurt or harass someone else. Maybe they push them in the hallways, or throw things at them in class. It might mean shoving their books to the floor as they walk by, demanding they give up their lunch money, or stealing other things that belong to them. Or it could mean stuffing them in a locker or a trash can. In the worst cases, it could mean beating someone up by punching and kicking them.

Every once in a while you might lose your temper and push or hit someone. All kids have done things like this before, and you probably know as soon as it happens that you shouldn't have done it. There's never any excuse to hit or harass others. There's certainly never any excuse for stealing, but this by itself isn't bullying. When someone is doing such things over and over again, however, it becomes bullying. Bullies hurt and harass others because they don't like someone, or because they enjoy doing it, not because they're angry at the time.

Give us your own example of physical bullying: \_\_\_\_\_

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