

## Bullying Defined

Bullying is defined as a form of repeated, persistent, and aggressive behaviour directed at an individual that is intended to cause fear and distress and/or harm to another person's body, feelings, self-esteem, or reputation. Bullying occurs in a context where there is a real or perceived power imbalance.

### Key Elements

1. The behaviour causes harm.
2. The child or youth who is bullying has power over the child or youth who is victimized.
3. Bullying is a behaviour that is typically repeated.
4. Bullying can take many forms: physical, verbal, social, or electronic.

