

Bullying

Bullying is when a person or group repeatedly tries to harm someone who is weaker.

Sometimes it involves direct attacks such as hitting, name calling, teasing or taunting.

Sometimes it is indirect, such as spreading rumors or trying to make others reject someone.



Often people dismiss bullying among kids as a normal part of growing up. But bullying is harmful. It can lead children and teenagers to feel tense and afraid. It may lead them to avoid school.

In severe cases, teens who are bullied may feel they need to take drastic measures or react violently. Others even consider suicide.

For some, the effects of bullying last a lifetime.

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