

# Lesson #14

Part 1- Understanding Bullying

# Objectives

- Identify different types of bullying
- Explain the short-term and long-term effects of bullying on a target
- Describe how power and control differences can contribute to bullying

# Journal Entry Question

- Write a definition of the work *bullying* and give an example.

# Definition of Bullying

- **Is when one person *intentionally hurts* another person in a physical, verbal or emotional way.**
- **Is usually *repeated* several times against the same person.**

- **Involves a *difference in power* between people. This power difference can be in size, strength, status in a group, or the support of others in a group.**