WHAT IS BULLYING?

Definition: repeated, aggressive behavior intended to hurt others

Many students in America, including Sikhs, face bullying everyday. A study by the Sikh Coalition found that 67% of Sikh youth have experienced bullying. Together, we can stop this from happening if we educate ourselves and others. Here are some facts about bullying:

There are different types of bullying:

- Physical: pushing, punching, hitting, destroying property
- Verbal: insulting, taunting, name calling
- Social: excluding others, spreading rumors, turning others against a person/group
- Cyberbullying: sharing hurtful messages or images through internet or text

Bullying is often:

- Repeated: occurs more than once
- Deliberate: done on purpose
- Imbalanced: one person has more power