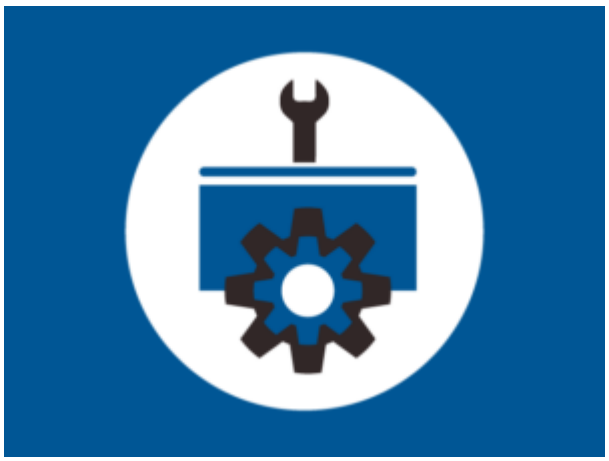
CDC Bullying Fact Sheet



The facts on who is at risk and prevention techniques.

Bullying is a form of youth violence. Although definitions of bullying vary, most agree that bullying includes:

- Attack or intimidation with the intention to cause fear, distress, or harm that is either physical (hitting, punching), verbal (name calling, teasing), or psychological/relational (rumors, social exclusion);
- A real or perceived imbalance of power between the bully and the victim; and
- Repeated attacks or intimidation between the same children over time.

Bullying can occur in person or through technology (electronic aggression, or cyberbullying). Electronic aggression is bullying that occurs through e mail, a chat room, instant messaging, a website, text messaging, or…