

change your narrative



<https://youtu.be/qdWX1-N-iqA>

What Is Bullying?

[The American Psychological Association](#) defines bullying as, “a form of aggressive behavior in which someone intentionally and repeatedly causes another person injury or discomfort.”¹

Bullying can take several forms. Some are more pronounced, while others can be subtle. No matter the form of bullying, mistreatment of any kind can cause significant distress or harm to another.

[HelpGuide.org](#) shares three main categories of bullying, including²:

- Physical Bullying
- Verbal Bullying
- Relational Bullying
- Cyberbullying

Each form of bullying is stemmed from a bully’s desire for power. Yet, the platform or environment in which it occurs, as well as the form of torment varies.

For more support, tools, and resources to help you or someone you care about shift the story of bullying, visit:

ChangeYourNarrative.org

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Physical bullying is characterized by hitting, kicking, or causing any physical damage to another person's body. It may or may not be paired with verbal, relational, or cyberbullying.

Verbal bullying is characterized by a verbal defamation of another person. This can be cruel statements about an individual's looks, personality, affiliations, religion, orientation, or a host of any other personal features.

Relational bullying is characterized by exclusion or relational positioning in which someone's desire for belonging is used against them. Although physical contact is not generally paired with this form of bullying, the negative impact can be significant.

Cyberbullying is characterized by cruel online communication either in social media platforms, website comments, messaging forums, or a host of other digital spaces. Cyberbullying presents additional problems for the bullied in that online forums provide access for thousands to witness damaging statements.

If you, or someone you care for, are being bullied, I want you to know it is valid if you feel pain, whether or not that pain is physical.

While the goal of a bully is to diminish another in order to gain a sense of power, your identity comes from more than anything a person or group of people do or say.

I am here to let you know you are more, and your story— is far from over.

1. Bullying. (n.d.). Retrieved February 29, 2020, from <https://www.apa.org/topics/bullying/>
2. Bullying and Cyberbullying. (2020, February 14). Retrieved February 29, 2020, from <https://www.helpguide.org/articles/abuse/bullying-and-cyberbullying.htm>

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