

Levels of Aggression and Bullying

Violence, Abuse, or Extreme Bullying:

May include one or more of the following:

- 1. Is a threat to the immediate safety (physical or emotional) of the target and / or others*
- 2. Involves weapons*
- 3. Target contemplates hurting self or others to end unwanted behaviors*
- 4. Legal consequences can be enforced upon aggressor*

These examples represent very intense and serious behaviors. They may be aggression or bullying, but all require immediate action.

Bullying:

Includes ALL of the following:

- 1. Aggressive behaviors that are unsolicited by the target*
- 2. Aggression is repeated, often with increased intensity*
- 3. Imbalanced power or strength over the aggressor over the target*

Aggression tends to be isolated incidents where bullying describes a pattern of behaviors that repeatedly hurt a target.

Aggression:

A behavior intended to hurt or harm others.

Can be physical, verbal, relational, or cyber.
Each situation involves a target, an aggressor, and may also have bystanders.

The big difference between aggression and a bumper is the intention to do harm.

Bumper:

A situation that is not particularly desirable but is not aggressive in its nature.

A person may feel like a target, but the perceived aggressor did not intentionally hurt anyone.



Intensity of the aggression, the consequences, and the need to make it right

Examples of the Levels of Aggression and Bullying

Bummer:

- A friend is invited to go to someone else's house after school and cannot hang out with you.
- Your older sibling gets to stay out later than you do.
- A friend forgets to call you one evening because she has a lot of homework to do.

Aggression:

- A friend is invited to go to someone else's house after school and tells you that you cannot go because they do not like you or want you around.
- Your older sibling calls you a baby because you have to come home earlier in the evening.
- Your friend does not call you and lies saying she has too much homework to do but called another person instead and was gossiping about you.

Bullying:

- Everyday someone excludes you and refuses to let you join games, sit at a table in the cafeteria, and do things after school with a group of other friends.
- Your older sibling repeatedly taunts you, calls you names, and has started pushing and shoving you too.
- Someone at school has been spreading rumors about you and frequently writes nasty, anonymous messages about you on social networking sites.

Violence, Abuse, or Extreme Bullying

- Someone is physically hurting you to a great extent that requires medical treatment.
- You have begun to seek counseling to deal with the emotional pain of bullying or abuse.
- You are threatened with weapons or violence.
- You cut yourself or contemplate suicide because you are depressed as a result of bullying.
- The police have intervened because someone has been hurting you so badly.