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 bummer is the intention to do harm.

**Bummer:**
*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.
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.