Types of Aggression

**Verbal Aggression:** A communication intended to hurt another person, or a communication perceived as having that intent; can be spoken, written, or drawn.

**Physical Aggression:** Harm and control through physical damage or by the threat.

**Relational Aggression:** Harming others through purposeful manipulation and damage of their peer relationships.

**Cyberbullying:** The use of modern communication technologies to embarrass, humiliate, threaten, or intimidate individuals in an attempt to gain power and control over them; bullying over the computer or cell phone.