

# BULLYING ASSESSMENT CHECKLIST

**Bullying** – means intentional unwanted repeated acts or gestures involving physical, verbal, social, and electronic/written communications.

## Categories and Types of Bullying:

### Quick Reporting

Phone: 1-855-4ALERT1, ext. 1190

OR 942-TIPS (code 1190)

Text: Text to ALERT1 or 253781 and type #1190 with the message

Email: [1190@alert1.us](mailto:1190@alert1.us)

Web: <http://1190.alert1.us>

## PHYSICAL bullying involves hurting a person's body or possessions:

- Hitting/Kicking/Punching
- Spitting
- Tripping/Pushing
- Taking control of or breaking someone's things/possessions
- Making mean or rude hand gestures
- Staring (in an intimidating manner)

## VERBAL bullying involves saying mean things:

- Teasing
- Name calling
- Inappropriate sexual comments
- Taunting
- Threatening to cause harm
- Demeaning comments

## SOCIAL bullying involves hurting someone's reputation or relationship:

- Leaving someone out on purpose
- Telling other children not to be friends with someone
- Spreading rumors about someone
- Embarrassing someone in public

## ELECTRONIC or WRITTEN COMMUNICATION bullying involves all forms of cyber bullying, written messages or using various forms of electronic technology:

- Mean text messages or emails
- Rumors sent by email or posted on social network sites
- Embarrassing pictures, videos, websites or fake profiles
- Demeaning graffiti

## ADDITIONAL CONSIDERATIONS:

- Has there been a history between the individuals?
- Is there an imbalance of power?
- Repetition – has this or a similar incident happened before? Is the student worried it may happen again?