

**INFORMATION SHEET**

**What is a bully?\***

A bully is someone who enjoys a power position and abuses power, enjoys dominance, and does mean acts. Bullying can take many forms. The two main forms of bullying are physical bullying and verbal or social bullying. In each case, a victim is targeted and the bully uses his or her advantage to cause physical or emotional harm to the targeted victim.

**Characteristics of a bully:**

* doesn't think about others' feelings
* threatens and harasses friends and enjoys their pain
* is selfish
* spreads rumours about others
* lacks friends
* has a low opinion of himself/herself
* doesn't respect authority
* has a sick sense of humour and makes fun of others
* is dominant and always wants control
* is often tardy
* picks on children who are younger and smaller or who have problems
* starts conflicts

Bullies can be boys or girls. Boys tend to be physical and use intimidation, while girls tend to use verbal teasing and ostracism. Bullying does not stop when the school day ends. Bullies can be found at all ages, in all cultures, and at all levels of power. Bullies enjoy humiliating the victim.

*\*These notes have been used with the generous permission of Professor Stuart Twemlow and Dr Frank Sacco. Professor Twemlow and Dr Sacco have been visionaries and leaders in working to find solutions to bullying in all areas of society.*

This resource and further information about Creating A Safe Supportive Environment is available to download at [**www.casse.org.au/resources**](http://www.casse.org.au/resources).