

## Bullying Definition

### 欺凌的定义

Educate, Nurture, Inspire Excellence.

#### What Is Bullying

##### 什么是欺凌

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both children who are bullied and who bully others may have serious, lasting problems.

在学龄儿童中，校园欺凌是一种不受欢迎、具有侵略性的行为，涉及真实或感知权力的不平衡。这种行为会重复，或者可能随着时间的推移不断重复。受欺负的孩子和欺负他人的孩子可能会有严重、持久的问题。

In order to be considered bullying, the behavior must be aggressive and include:

定义欺凌，不友好行为包括：

#### An Imbalance of Power:

##### 权力失衡

- Children who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others.
- 欺负弱小的孩子，比如使用肢体力量、另某人难堪，要挟别人做某事才能交到朋友---控制或伤害他人。
- Power imbalances can change over time and in different situations, even if they involve the same people.
- 权力失衡可以随着时间的不同发生变化，即使它们涉及到同样的人。
- Bullies pick on people they perceive to be ‘weaker’ than them. This is where an imbalance of power is the key to their bullying.
- 恃强凌弱的人会选择那些他们认为比他们“弱”的人。这就是权力失衡的关键所在。

#### Repetition:

##### 重复

- Bullying behaviors happen more than once or have the potential to happen more than once.
- 欺凌的行为不止发生一次，或者有可能更多。

Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

欺凌包括一些行为，如制造威胁、散布谣言、肢体或语言对别人进行攻击、以及故意将某人排除在团体外。

#### Types of Bullying

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#### 欺凌的种类

There are three types of bullying:

三种欺凌：

**Verbal bullying** is saying or writing mean things. Verbal bullying includes:

**语言欺凌**指说或者写一些不友好的内容。包括：

- Teasing 调侃
- Name-calling 起外号
- Sexual comments 涉及性的评论
- Taunting 嘲弄
- Threatening to cause harm 威胁而造成伤害

**Social bullying**, sometimes referred to as relational bullying, involves hurting someone's reputation or relationships. Social bullying includes:

**社交欺凌**有时候被称为“关系欺凌”，涉及损害某人的名誉或关系。社交欺凌包括：

- Leaving someone out on purpose
- 有意排斥某人在外
- Telling other children not to be friends with someone
- 告诉别的孩子不与某人交朋友
- Spreading rumors about someone
- 传播某人的谣言
- Embarrassing someone in public
- 在公众场合令某人难堪
- Laughing at a person who is being bullied
- 嘲笑被欺凌的人
- Standing by and watching a person being bullied
- 袖手旁观被欺凌的人

**Physical bullying** involves hurting a person's body or possessions. Physical bullying includes:

**身体欺凌**涉及伤害他人的身体或财产。身体欺凌包括：

- Hitting/kicking/pinching
- 打、踢、捏
- Spitting
- 吐口水
- Tripping/pushing
- 绊倒、推

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- Taking or breaking someone's things
- 拿走或破坏别人的东西
- Making mean or rude hand gestures
- 做低劣或粗鲁的手势

### Where and When Bullying Happens

#### 欺凌发生在哪里、什么时间？

Bullying can occur during or after school hours. It can also happen travelling to or from school, in the children's neighborhood, or on the Internet.

欺凌行为可能发生在上课时间或放学后。它也可以发生在学校、儿童的周围或互联网。

*Adapted from stopbullying.gov website*

信息来源于 *stopbullying.gov* 网站

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