

[stopbullying.gov](http://stopbullying.gov)

---

# Facts About Bullying

---

by Aspa • March 14, 2012 • 1 min read • [original](#)

Bullying is being mean to another kid over and over again. Bullying often includes:

- Teasing
- Talking about hurting someone
- Spreading rumors
- Leaving kids out on purpose
- Attacking someone by hitting them or yelling at them

Bullying does not always happen in person. Cyberbullying is a type of bullying that happens online or through text messages or emails. It includes posting rumors on sites like Facebook, sharing embarrassing pictures or videos, and making fake profiles or websites.

- [Kids Who are Bullied](#)
- [Kids Who Bully Others](#)
- [Kids Who See Bullying](#)

Social bullying

## Kids Who are Bullied

Kids who are bullied can feel like they are:

- Different
- Powerless
- Unpopular
- Alone

Kids who are bullied have a hard time standing up for themselves. They think the kid who bullies them is more powerful than they are. Bullying can make them:

- Sad, lonely, or nervous
- Feel sick

- Have problems at school
- Bully other kids

## Kids Who Bully Others

Kids bully others for many reasons, they may:

- Want to copy their friends
- Think bullying will help them fit in
- Think they are better than the kid they are bullying

## Milton's Dreams are Dashed

Bullying is never ok. Those who bully use power to hurt people. Power does not always mean bigger or stronger. Power can also mean popular or smart. Or, the kid doing the bullying may know a secret about the kid being bullied.

Kids who bully can have other problems, too, even when they get older, like using alcohol and drugs, getting into fights, and dropping out of school.

## Kids Who See Bullying

When kids see bullying, they may not know what to do. They may feel depressed or worried. They may be absent from school because they don't feel safe. They may join in or stay silent so they won't get bullied themselves. They may stand up to the bully. But [the best thing to do](#) is get an adult who will stop the bullying on the spot.

---

### Original URL:

<http://www.stopbullying.gov/kids/facts/index.html>