

# Is This Bullying?

For a behavior to be deemed “bullying” it needs to include ALL of the following elements (defined by Massachusetts State Law):

- Must be repeated action(s) by one or more students
- Must be written, verbal, electronic expression or a physical act or gesture or any combination thereof
- Must be directed at a victim so that it causes one or more of the following:
  - Physical or emotional harm;
  - Damage to the victim’s property;
  - Places the victim in reasonable fear of harm to himself or of damage to his/her property;
  - Creates a hostile environment at school for the victim;
  - Infringes on the rights of the victim at school; OR
  - Materially and substantially disrupts the education process or the orderly operation of a school

\*\*One time incidents may be deliberately mean or cruel, but they are not bullying. Still one-time incidents may be subject to school discipline as per the school’s policy.

**From The Massachusetts Anger Reduction Center**