

No Blame Approach: Definition of bullying

Definition of bullying

- Aims at systematically humiliating someone
- Includes every form of aggressive behavior:
 - Verbal
 - Physical
 - Material damage
- Takes place repeatedly and over an extended period of time
- Is characterized by an extreme power imbalance
- Is a group phenomenon
- Leaves the affected student hardly a chance to escape the situation

To cyberbully someone means

- To intentionally insult, threaten or show up someone via the internet or mobile services
- For a longer period of time or once, but with a heavy impact
- Imbalance of power between the bully and the victim
- The victim can hardly defend him/herself

Source: Klicksafe, New thoughts on an old problem: (Cyber)bullying, 2014, www.klicksafe.de