

VERBAL BULLYING

Not all people who bully use their fists. Some use name-calling and putting others down as their weapons. These behaviors are examples of **verbal bullying**. Verbal bullying is when a person uses hurtful words to try to tear down another person's self-esteem and self-worth. This type of bullying happens just as often as, if not more than, physical bullying, and it can be just as harmful. Have you ever heard a person put someone down with their words? Read on for an example.



IMAGINE THIS: One day at school, the teacher asks students to take turns reading parts of the science activity aloud. You have a hard time with reading and you are sure that Mark, who sits at your table, will call you names like he always does when the teacher calls on you to read. Before you know it, you hear your name being called to read the next paragraph. As you attempt to read the words, stumbling over a couple of difficult ones, you hear Mark mumble under his breath, “Read it already! You’re so dumb!”

Do you see how hurtful words can bring a person down?

Being called names over and over, or being made to feel worthless and unimportant, is really bullying—and it can really hurt. Even though verbal bullying doesn’t involve touching, it can stick around in the heart and mind of the bullied person for a long time.