BULLYING POWER & CONTROL WHEEL

Bullying is defined as a conscious, willful, deliberate and repeated hostile activity perpetrated by an abuser who possesses more physical and/or social power and dominance than the victim. It is frighteningly clear that when many normal people gain a measure of power over others they often cannot resist the urge to abuse it and treat those below them with cruelty, indignity and contempt.

Mediation between the bully and victim is not possible; in a true case of bullying, putting them together to work out their problems would simply re-victimize the victim. Although bullying is generally thought of as a childhood problem it takes many forms across the lifespan: sexual harassment, gang attacks, dating violence, assault, domestic violence, child abuse, harassment in the workplace, and elder abuse.

VIOLENCE

Coercion. Threats & Intimidation

physical Threatening future physical harm. Making him/her do illegal things (drugs/alcohol). Making him/her change or recant story. Making him/her afraid with looks, actions, gestures. Damaging property. Threatens to get him/her in trouble with family, friends or Humiliation school.

Emotional Abuse

sexual Putting him/her down. Making him/her feel bad about her or himself. Utilizing mocking nicknames. Staring, giggling, laughing at him/her. Saying certain words that trigger a reaction from a past event

Social **Isolation**

Spreading rumors & gossiping. Refusing to socialize with him/her. "Silent Treatment". Condemning other people who wish to socialize with him/her. Publicly criticizing the victim's manner of dress and other sociallysignificant markers

Social Status

Calls him/her names privately

or in front of others. Puts

down or makes fun of your

race, religion, class or family.

Shows off personal items

in public

Treating them like a servant. Utilizing him/her to inflict abuse on others. Controlling involvement in school and/or social activities

reputation.

Technology

Bullying

Power &

Control

Sending and/or spreading harassing, humiliating and defamatory messages via cell phones, social networking sites, message boards, chat rooms, IMs or e-mail. Disseminating intimate private information or tricking someone into disclosing private information. Pretending to be Physical someone else and posting material to damage that person's

Economic Abuse

Demanding money. Stealing money and/or possessions. Accusing him/her of stealing or damaging property to get him/her in trouble. Older children: Jeopardizing employment due to harassment in varying forms

Minimizing, Denying & Blaming

Saying he/she started it. Shifting responsibility for behavior

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VIOLENCE

