A bully is someone who repeatedly hurts others using physical, verbal or psychological tactics. Bullying includes intimidation, name calling and isolation. Bullying affects everyone involved: the victim, the ringleader, outsiders who join in, and the families of the victims.

It is believed that bullies have poor social skills and/or have keen insight into other’s mental states. Victims of bullying usually suffer consequences beyond embarrassment. They may have low self-esteem, develop poor health, and contemplate suicide.

Early signs of a bullied child may include injuries, fewer friends, restless sleeping pattern, passiveness, or fear of returning to school. A child who is bullying others may tease, threaten or kick other children. The child may be hot-tempered or impulsive, aggressive toward adults, and/or may show no remorse for his or her actions.

Source: Information: COPS, US Dept. of Justice

BFF: These ‘Best Friends Forever’ typify young people who thrive with positive mentoring.