

BOWEN CENTER

Know the facts about bullying

Bullying includes any overt, unwanted, and repeated acts or gestures committed by one student or group against another. People bully in order to harass, ridicule, humiliate, intimidate, or harm.

Bullying comes in many forms:

Physical

Verbal

Social or Relational

Electronic or Written

If you or someone you know is experiencing any type of bullying, there is help! For confidential assistance, see your school counselor or make an appointment at the Bowen Center:

1-800-342-5652