

# Bully Awareness Monday

Bullying is recurring and a deliberate abuse of power.



There are generally three components of bullying:

1. R - Repeated. The action of the bully is generally a repeated action, occurring time after time.
2. I - Intentional. The target does not knowingly provoke the bully and, as such, the bully is intentional with *their* behavior/actions.
3. P - Power Imbalance. In bullying situations, there is a real or perceived power imbalance between the two parties. This imbalance can be physical strength, access to information, or even popularity.

