There are many types of bullying. Among the most prevalent are verbal, physical, indirect, social alienation, intimidation, and cyberbullying. Below are some bullying facts that are related to each type mentioned.

Verbal bullying–This is the most common type. It includes name-calling, offensive remarks or consistently making the person the butt of jokes.

Physical bullying–Although usually portrayed as the most common type in the movies, it only comes second to verbal bullying. Any aggressive hitting, pulling or shoving is classified under this type.

Indirect bullying–Usually common among girls, it involves back-biting and spreading false rumors about a certain person.

Social alienation–We usually see this in teenage films wherein the main character, typically a demure type, is excluded from groups by pompous girls

Intimidation–Any type of verbal threat with the purpose of making the victim give in to the bully's demands is considered under this category.

Cyberbullying–Since the advent of the Internet and the introduction of the cell phone, a host of new and diverse bullying facts have manifested. All of these are classified under cyberbullying. It involves destroying or smearing the victim's reputation via emails, blogs, forum posts, text messages, etc.

If the community is aware of these bullying facts, it might be easier for them to be acted upon.

Cases of bullying leave an indelible mark on both the victim and the bully. As such, when we strive to stop bullying, we are not only helping the victim and future victims, we are also helping bullies build a better future. The earlier the bully is corrected, the greater is the chance of him eliminating his negative behavior.

Everyone can contribute to our quest to stop bullying in our schools and elsewhere. Top priority undoubtedly goes to accepting this as a clear and present danger that must be stopped.

Second priority goes to being able to spot signs of bullying when we see one. When you see a kid inflicting harm, whether physical or emotional, on another, call their attention to it so that they will be aware that you don't approve of such conduct. In some cases, this is all it takes for a young urchin to stop bullying. Many children simply don't know about the consequences of their bullying on others, and don't think about it, and once it's pointed out many of them will regret their actions.

If you see them doing it a second time even after you reprimanded them, call his attention again and mark him for observation as it may be a sign of chronic bullying. Treat it seriously and find out who you can notify about it, both in school and at home. That way, you can easily curtail his aggressive actions before it gets any worse. If you can stop bullying behaviors at an early stage, the chances of it worsening would be minimized.