



A Bystander Leadership

Approach to Safer Schools

Key Types of Relational Aggression

Physical Aggression: *Taking physical action (such as hitting, kicking, tripping, and so on) to hurt someone*

- Overt physical aggression - Easy to see, blatant acts of aggression
- Covert physical aggression –Sneaky, under-the-radar acts of aggression that may be masked as “accidental”

Verbal Aggression: *Using words to hurt others either face to face or behind the back*

Some examples:

- Name-calling
- Gossip
- Spreading rumors
- Insults in the guise of “just joking!”

Nonverbal Aggression: *Using body language, facial expressions, and so on to display disrespect, disgust, dislike, or contempt for another person*

Some examples:

- Eyeball rolling
- Turning one’s back on someone
- Blank stares or dirty looks
- Lack of eye contact

Relational Aggression: *Behaviors that harm others by damaging or manipulating their social relationships (Crick & Grotpeter, 1995)*

All of the previous types of aggression can be used with a relational aggression context.

Some examples of R.A. behavior:

- Exclusion
- Three-way calling set-ups
- Making fun of others in order to embarrass them socially
- Copying and pasting instant messages to cause drama among friends
- Creating and spreading rumors to discredit someone, online or in person
- Creating hurtful nicknames for others