

# Bullying and harassment



Bullying and harassment is repeated, unreasonable and unwelcome behaviour directed towards a person or group of people that humiliates, offends or intimidates that person or group. Sexual harassment does not have to be repeated behaviour. Some one-off behaviours may also constitute harassment if they are based on a person's personal characteristics, such as race, gender, disability, sexual orientation, or age.

Often, people who bully and harass have more influence or power over the other person, or want to make the other person feel less powerful or helpless. Bullying can happen directly, "face to face", or indirectly, "behind someone's back", or it can be done using technology, often referred to as cyberbullying. For more information on preventing cyberbullying, visit <https://libguides.jcu.edu.au/counselling/bullying>

## What constitutes bullying?

The sorts of

