

## HOW TO GET HELP FROM INSIDE AND OUTSIDE SOURCES

**Counseling & Psychological Services  
(Caps)**  
(845) 398-4174

**Campus Safety**  
(845) 398-4080

**National Suicide Prevention Lifeline**  
1-800-273-TALK (8255)

**Rockland Crisis Services**  
(845) 364-2200

**Rockland Suicide Hotline**  
(845) 354-6500

**Bergen County CarePlus NJ**  
(201) 262-HELP (4357)

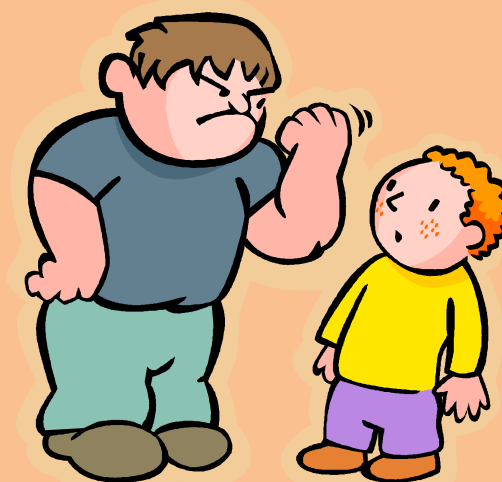
www.Stopbullying.gov  
**Crisis Call Center**  
800-273-8255 or text ANSWER to  
839863

### References

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- Stopbullying.gov
- Gordon, S. Do girls and boys bully differently? Retrieved from <http://bullying.about.com/od/Basics/a/Do-Girls-And-Boys-Bully-Differently.htm>
- Pelligrini, A.D., Long, J. D., (2002). A longitudinal study of bullying, dominance, and victimization during the transition from primary school through secondary school. Retrieved from <http://onlinelibrary.wiley.com/doi/10.1348/026151002166442/pdf>

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# Bullying in College



**WHAT IS IT, AND HOW  
CAN I HELP?**

## WHAT IS BULLYING?

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

## MALES AND FEMALES MAY DIFFER IN THEIR BULLYING TACTICS

Males tend to be more aggressive when bullying. They have a tendency to assemble groups of followers that may be looking for acceptance in their collegiate environments. Males also tend to enjoy the *status* that the fight brings to them.

Females, when bullying, tend to use more verbal assaults in order to ostracize, or exclude others from social groups. They will use the spreading rumors about somebody in the social group in order to gain control of the group. Females also tend to gossip about other girls in the social group.

## BULLYING IN COLLEGE

Types of bullying that college students experience can come from professors, fraternity/sorority hazing, roommates, and peers.

## BULLYING CAN COME IN MANY FORMS

Bullying can come across in the forms of:  
Cruel texts/emails (cyberbullying)

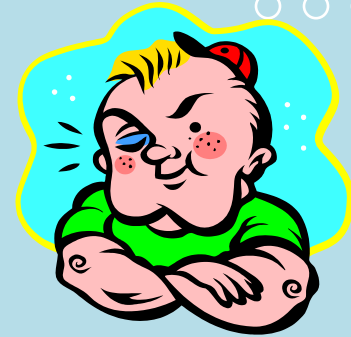
Intentional exclusion from room/floor (social) gatherings

Spreading rumors in order to display their “perceived” power

Using personal information to ruin one’s reputation or social status.

## CYBERBULLYING

Cyberbullying is the use of electronic communication to bully a person. It can be done through electronic media, such as sending messages of an intimidating or threatening nature through programs like Facebook, Twitter, MySpace, Instagram, Google+, and any other social media forum.



**Saint Thomas Aquinas  
College**

**Counseling &  
Psychological  
Services**

TEL: (845) 398-4065

Web:  
[www.stac.edu/stulife/psych.  
htm](http://www.stac.edu/stulife/psych.htm)