

Examples of Relational Aggression:

According to the National Association of School Psychologist, relational aggression is “harm within relationships that is caused by covert bullying or manipulating behavior.”

Covert bullying:

- not allowing someone to join a group
- leaving someone out of a group
- refusing to share friends
- refusing to work with a classmate
- refusing to sit next to someone in the cafeteria
- eye rolling
- laughing at someone
- sarcasm

Manipulating behaviors:

- giving someone the silent treatment
- forcing a friend to pick sides in a disagreement
- trying to stop two people from being friends
- relaying gossip/rumors to the target of the gossip

References

Young, E., Nelson, D., Hottle, A., Warburton, B., & Young, B. (2012). Relational aggression in schools: Information for educators. *Helping Children at Home and School, III*, Retrieved from http://www.nasponline.org/resources/bullying/Relational_Aggression.pdf