

According to a more formal and detailed definition, bullying victimisation has three key characteristics (Gladden et al., 2014; Olweus, 1994):

- **INTENTIONALITY:** aggressive behaviours are enacted on purpose, with hostile intentions by one or more students
- **POWER:** bully-victim relationships are characterised by an (actual or perceived) imbalance of strength or power; it is not just conflict between two peers with the same level of power. This imbalance can be due to the bully's stronger physical or psychological strength, his/her higher social status (e.g., he/she is popular), the fact that bullies act as a group, or that they are more skilled in the use of information and communication technologies (in the case of cyberbullying)
- **TIME DURATION:** bullying acts are not single episodes, but they are repeated over time or have a high likelihood of being repeated. The time interval when bullying happens can vary between a few days or weeks to several years

As a result, victims can hardly, if ever, defend themselves and escape this role. This is the reason why a timely intervention from adults is of fundamental importance.