

THE DIFFERENCE BETWEEN **BULLYING** AND **CONFLICT**

Imbalance of power, not friends

Repeated negative actions

Purposeful

Serious with threat of physical or emotional harm

Strong emotional reaction from victim and little to no emotional reaction from the individual(s) doing bullying

Attempt to gain material things or power

No remorse – blames victim

No effort to solve problem

Equal power or friends

Happens occasionally

Accidental

Equal emotional reaction

Not seeking power or attention

Not trying to get something

Remorse – will take responsibility

Effort to solve problem

is it

BULLYING?

When someone says or does something
unintentionally hurtful
and they do it once, that's

RUDE.

When someone says or does something
intentionally hurtful
and they do it once, that's

MEAN.

When someone says or does something
intentionally hurtful and they *keep doing it*—
even when you tell them to stop or show
them that you're upset—that's

BULLYING.