

CONFLICT

vs

Bullying

**Inevitable & Normal/Healthy Part
of Relationships**

Disagreement where views are
expressed by all sides.

EQUAL POWER AMONGST ALL

All parties want resolution

STRESSFUL

Can be hurtful, have exchange of strong
words, and/or involve intense feelings

OCCASSIONAL

Teaches give & take/compromise

ALL PARTICIPANTS:

Take responsibility for their part(s)

Feel remorse

Want to resolve the issue & restore
the relationship

Repeated/Ongoing Negative Attention

Imbalance of Power

**INTENT IS TO HARM, HURT,
OR HUMILIATE**

PURPOSEFUL

Inability for the target to stop the
unwanted behavior through normal means.

**Attempt to gain material
things/power**

ONE PARTICIPANT:

Not remorseful for actions

Does not desire resolution

Blames others for actions

Is responsible for the situation
and is responsible for changing it

Not every hurtful action is bullying...

KNOW THE DIFFERENCE