What is Bullying?

- **Bullying** is aggressive and unwanted behavior that is intended to harm, intimidate, or humiliate the target.

- **Conflict** is a disagreement between two or more people where each person involved is participating. It may involve repeated discussion and actions by all parties and may go on for a period of time before resolution occurs.

What's the Difference? Rude vs. Mean vs. Bullying Behavior

- Rude – inadvertently saying or doing something that hurts someone else

  - In kids, this might look like bragging about the highest grade, burping in someone's face or jumping ahead in line
  - Rudeness is usually spontaneous, unplanned, and inconsiderate – it is based on thoughtlessness or poor manners, but not meant to actually hurt someone

- Mean – purposefully saying or doing something to hurt someone else once (or twice)

  - Mean behavior often aims to hurt or depreciate someone
    Examples: "Are you seriously wearing that sweater again?"
    "You're so fat/ugly/stupid."

- Bullying – intentionally aggressive behavior, repeated over time, that involves an imbalance of power

  - **4 Types of Bullying**
    1. **Physical** – person uses their body or an object to hurt another person
    2. **Verbal** – someone uses spoken or written words to hurt another person's feelings
    3. **Mental/Emotional** – someone hurts another person's feelings by making other people think badly about them (i.e. rumors, gossip, excluding someone from an activity on purpose, etc.)
    4. **Cyber** – someone uses a phone, computer or other electronic device as a way to say or do mean things to someone else