



Conflict vs. HIB Fact Sheet

What is the difference between normal conflict and HIB?

NORMAL CONFLICT

Conflict is “mutually competitive or opposing action of engagement.”

Conflict includes disagreements, arguments, and fights.

Conflict is a normal part of growing up and life.

BULLYING

HIB is one sided.

HIB involves one or more students that are victims of one or more person’s aggression.

HIB includes the intent to physically or emotionally hurt someone.

What does bullying look like?

VERBAL

Includes taunting, name calling, malicious teasing, or making threats

PHYSICAL

Includes hitting, punching, shoving, spitting, or taking personal belongings

PSYCHOLOGICAL

Includes spreading rumors, purposefully excluding people from activities, breaking up friendships

CYBERBULLYING

Includes using the Internet, mobile phone, or other digital technologies to harm others