

# Conflict vs. Bullying

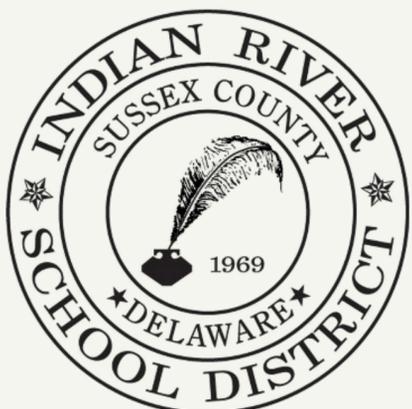
## What's the difference?

Bullying is different from conflict.

**Conflict** is a disagreement or argument in which both sides express their views.

**Bullying** is negative behavior directed by someone exerting power and control over another person. Bullying is when someone aggressively uses their “power” to target another individual with repeated, unwanted words or actions. Those targeted are hurt either physically or emotionally and have a hard time stopping what is happening to them.

Conflict	Bullying
<ul style="list-style-type: none"><li>• Disagreement or argument in which both sides express their views</li><li>• Equal power between those involved</li><li>• Generally stop and change behavior when they realize it is hurting someone</li></ul>	<ul style="list-style-type: none"><li>• Goal is to hurt, harm, or humiliate</li><li>• Person bullying has more power*</li><li>• Continue behavior when they realize it is hurting someone.</li></ul> <p>* “Power” can mean the person bullying is older, bigger, stronger, or more popular.</p>



# Is It Bullying?

Not everything that's mean is actually bullying. Use the chart below to understand the difference between bullying, conflict, and a mean moment.

## MEAN MOMENT

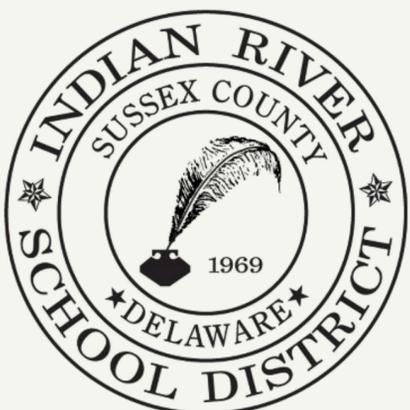
- One Time
- On Purpose
- Hurtful
- One Sided

## CONFLICT

- Occasionally
- On Purpose
- Hurtful
- Both Parties Involved

## BULLYING

- Repeatedly
- On Purpose
- Hurtful
- One Sided



# What is and is not Bullying

## Teasing

- Everyone is having fun
- No one is getting hurt
- Everyone is participating

## Conflict

- No one is having fun
- There is a problem solution to the disagreement
- Equal balance of power

## Mean Moment

- Someone is being hurt on purpose
- Reaction to a strong feeling or emotion
- An isolated event (does not happen regularly)

## Bullying

- Someone is being hurt on purpose.
- Repetitive (happens regularly)
- Imbalance of power

