

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.**

# CONFLICT vs. BULLYING

## NORMAL CONFLICT

- Equal power or are friends
- Accidental
- Not serious
- Equal emotional reaction
- Not seeking power or attention
- Remorse - takes responsibility
- Effort to solve the problem

## BULLYING

- Imbalance of power
- Intentional
- Physical or emotional harm
- Unequal emotional reaction
- Seeking power, control or to gain popularity
- No remorse - blames target
- No effort to solve the problem

RESOURCE SHEET 1.20

## What is bullying?

### Bullying is:

when these things happen again and again to someone and it is hard for the student being bullied to stop these things from happening.



### Exclusion

Being ignored, left out on purpose, or not allowed to join in.



### Physical

Being hit, kicked or pushed around.



### Lies or Rumours

Lies or nasty stories are told about someone to make other kids not like them.



### Threats

Being made afraid of getting hurt.



### Verbal Abuse and Teasing

Being made fun of and teased in a mean and hurtful way.





# BULLYING

VS

# PEER CONFLICT

Having disagreements with peers is a normal developmental task of childhood; bullying, while it may be a common childhood experience, should not be tolerated. Trying to discern between the two may be difficult as a parent. It may be helpful to assess if the action is **RIP: Repeated, Intentional, and involves a Power Imbalance**.

## BULLYING

### **R** EPEATED

The action of the bully is generally a repeated action, occurring time after time.

### **I** NENTIONAL

The target does not knowingly provoke the bully and, as such, the bully is intentional with their behavior/actions.

### **P** OWER IMBALANCE

In bullying situations, there is a real or perceived power imbalance between the two parties. This imbalance can be physical strength, access to information, or even popularity.

## PEER CONFLICT

Peer conflicts differ from bullying situations in the following ways:

- The children involved are of equal power or are friends.
- The conflict that occurs is occasional or often accidental.
- There is an equal emotional reaction to the conflict in both children and power or control is not being sought.

**Peer conflict can be a good thing** for children to experience – helping them to learn how to resolve conflict, how to give and take, how to come to an agreement, and how to problem solve. Developing conflict resolution skills in children can teach how to listen to and work with others.

## RESPONDING TO BULLYING

Parental response to bullying takes two main forms: **support and report**. Supporting your child means maintaining open lines of communication, actively listening to their experiences, avoiding blame, and empowering him/her. Informing your child's teacher or school of bullying incidents is also key. For more info about bullying, visit [StopBullying.gov](http://StopBullying.gov).