



Conflict vs Bullying

Normal Conflict

- ✓ Equal power between friends
- ✓ Happens occasionally
- ✓ Accidental
- ✓ Not serious emotional harm
- ✓ Equal emotional reaction from other
- ✓ Not seeking power or attention
- ✓ Not trying to get something
- ✓ Remorse/Takes responsibility
- ✓ Effort to resolve problem

Bullying Behavior

- ✓ Imbalance of power
- ✓ May be a single incident or a pattern
- ✓ Purposeful; intentional
- ✓ Serious with threat of physical or emotional harm
- ✓ Strong emotional reaction from target
- ✓ Seeking power/control
- ✓ No remorse/blames target
- ✓ No effort to solve