



Is It Bullying?



Conflict

- Occasional
- Not planned, happens in the heat of the moment
- A fight, argument, or disagreement between people
- Equal power between two people
- Opposing opinions
- Solutions are usually reached

Rude

- Occasional
- Spontaneous, unintentional
- Can cause hurt, upset
- Equal power between two people
- Based in thoughtlessness or lack of consideration

Mean

- Happens once or twice
- Intentional/person is being mean on purpose
- Can hurt others deeply
- Based in anger or impulsive cruelty
- Behaviour often regretted
- Person being hurt doesn't feel powerless

Bullying

- Repeated, unwanted, aggressive behaviour towards someone
- Behaviour is planned and done on purpose
- Imbalance of power between the bully (powerful) and target (powerless)
- Can be verbal, physical, social, or cyber