

Normal Conflict vs. **Bullying**

Normal Conflict...

- *Rooted in a problem or disagreement. (Not personal.)*
- Equal Power – Between Friends
- Happens Occasionally
- Accidental
- May occur due to momentary frustration. (“I didn’t mean to say it, I was just really mad.”)
- Not Serious
- Equal Emotional Reaction
- Not Seeking Power over the other person(s)
- Remorse – Each person takes responsibility for their actions or their part in the situation
- Everyone involved makes an effort to solve the problem.

Bullying...

- *Personal – Focused on a distinguishing characteristic of targeted student.*
- Imbalance of power (not a disagreement between friends.)
- Aggression is one-sided
- Often involves repeated negative actions by aggressor.
- Purposeful
- Serious threat of physical, emotional or psychological harm to targeted student.
- Strong emotional reaction on the part of targeted student.
- Seeking power/control
- Trying to gain material things or power.
- No remorse – Aggressor blames victim.
- No effort to solve problem.