

What is bullying?

Bullying is a repeated form of youth violence, aggressive behavior that is intentional, and involves an imbalance of power or strength.

www.bullyinginfo.org

Repeated

Intentional

Imbalance of power

Recognizing the Difference between Bullying and Normal Peer Conflict

BULLYING

1. Imbalance of power, not friends
2. Repeated negative actions
3. Purposeful
4. Serious with threat of physical or emotional harm
5. Strong emotional reaction from victim and little to no emotional reaction from the individual(s) doing the bullying
6. Attempt to gain material things or power
7. No remorse—blames victim
8. No effort to solve problem

NORMAL PEER CONFLICT

1. Equal power or friends
2. Happens occasionally
3. Accidental
4. Equal emotional reaction
5. Not seeking power or attention
6. Not trying to get something
7. Remorse—will take responsibility
8. Effort to solve problem