

# CONFLICT VS. BULLYING

## CONFLICT

- ▶ Equal power (peers)
- ▶ Happens occasionally
- ▶ Equal emotional reaction
- ▶ Not seeking power or attention
- ▶ Remorse
- ▶ Effort to solve problem
- ▶ Intent on restoring relationship

## BULLYING

- ▶ Imbalance of power (or perceived imbalance of power)
- ▶ Happens repeatedly (or has the potential to be repeated)
- ▶ Deliberate Act
- ▶ Strong emotional reaction on part of the victim
- ▶ Seeking power, control
- ▶ No remorse – blames victim

Situations with both, Conflict or Bullying need to be addressed and a plan devised with consequences to fit the behavior.

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