

## IS IT BULLYING?

### CONFLICT

- Occasional
- Not planned
- All parties are upset
- All parties want to work things out
- All parties will accept responsibility
- An effort is made by all parties to solve the problem
- Can be resolved through mediation

### RUDE

- Occasional
- Spontaneous; unintentional
- Can cause hurt feelings
- Based in thoughtlessness, poor manners, or narcissism
- Rude person accepts responsibility
- Resolution can build empathy and social skills

### MEAN

- Happens infrequently
- Intentional
- Can hurt others deeply
- Based in anger, impulsivity, or cruelty
- Behavior often regretted
- Needs to be addressed; should not be ignored

### BULLYING

- Repeated; possibly in a pattern
- Planned and purposeful
- The target of bullying is upset
- The bully is trying to gain control over the target
- The bully blames the target
- The target wants to stop the bully's behavior; the bully does not
- Cannot be resolved through mediation

