

HOW DOES BULLYING DIFFER FROM CONFLICT?

SIGNS of BULLYING*

- Not Friends/Imbalance of Power
- Repeated Over Time
- Intentional
- Physical and/or Emotional Harm
- Unequal Emotional Reaction
- Seeks Control/Possession
- No Remorse—Blames Target
- No Effort to Solve Problem

SIGNS of CONFLICT*

- Friends/Equals/Peers
- Spontaneous/Occasional
- Accidental/Not Planned
- No Serious, Lasting Harm
- Equal Emotional Reaction
- Not for Domination/Control
- Often a Sense of Remorse
- May Try to Solve Problem

*Please remember that specifics will vary with each incident.

Source: OSPI/OTL