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