

IS IT BULLYING?

Not everything that's mean is actually bullying. Use the chart below to understand the difference between bullying, conflict, and a mean moment.

MEAN MOMENT

- ONE TIME
- HURTFUL
- ON PURPOSE
- ONE SIDED

CONFLICT

- OCCASIONALLY
- HURTFUL
- ON PURPOSE
- BOTH PARTIES INVOLVED

BULLYING

- REPEATEDLY
- HURTFUL
- ON PURPOSE
- ONE SIDED