



Definition of Bullying

Bullying is **repeated** and **deliberate** physical, verbal, or social attacks or intimidation directed toward another person.

There is a **marked imbalance of power** between the bully and the victim. Bullying may be done by one individual or a group. Cyberbullying is bullying that takes place using electronic technology.

Difference Between Bullying and Conflict

Normal Peer Conflict

- Equal power or friends
- Happens occasionally
- Accidental
- Equal emotional reaction
- Not power seeking
- Feels remorse; takes responsibility
- Makes effort to solve problem

Bullying

- Imbalance of power
- Happens repeatedly
- Purposeful
- Strong emotional reaction from victim; little or none from bully
- Seeking power and control
- No remorse; blames victim
- No effort to solve problem

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