

**FTME EAST**



**EAST IS BEAST**

# CONFLICT VS BULLYING?

## What's the Difference?

### PEER CONFLICT

Conflict is a disagreement or a difference of opinion or interests between equals. The people involved in a conflict may disagree vehemently and emotions may run high. When conflict is badly managed, it may result in aggression. In a conflict, both parties have power to influence the situation.

That is their goal.

# CONFLICT VS BULLYING?

## What's the Difference?

### BULLYING

Bullying is aggressive behavior that is intentional and that involves an imbalance of power.

Most often, it is repeated over time.

# RECOGNIZING BULLYING

"A person is bullied when he or she is exposed, repeatedly and over time, to negative actions on the part of one or more other persons, and he or she has difficulty defending himself or herself."

1. Bullying is aggressive behavior that involves unwanted, negative actions.
2. Bullying involves a pattern of behavior repeated over time.
3. Bullying involves an imbalance of power or strength.

# TYPES OF BULLYING

Verbal bullying including derogatory comments and bad names

Bullying through social exclusion or isolation

Physical bullying such as hitting, kicking, shoving, and spitting

Bullying through lies and false rumors

Having money or other things taken or damaged by students who bully

Being threatened or being forced to do things by students who bully

Racial bullying

Cyber bullying (via cell phone or Internet)

# BULLYING IS NOT TEASING

It might be hard to tell the difference between playful teasing and bullying. Teasing usually involves two or more friends who act together in a way that seems fun to all the people involved. Often they tease each other equally, but it never involves physical or emotional abuse.

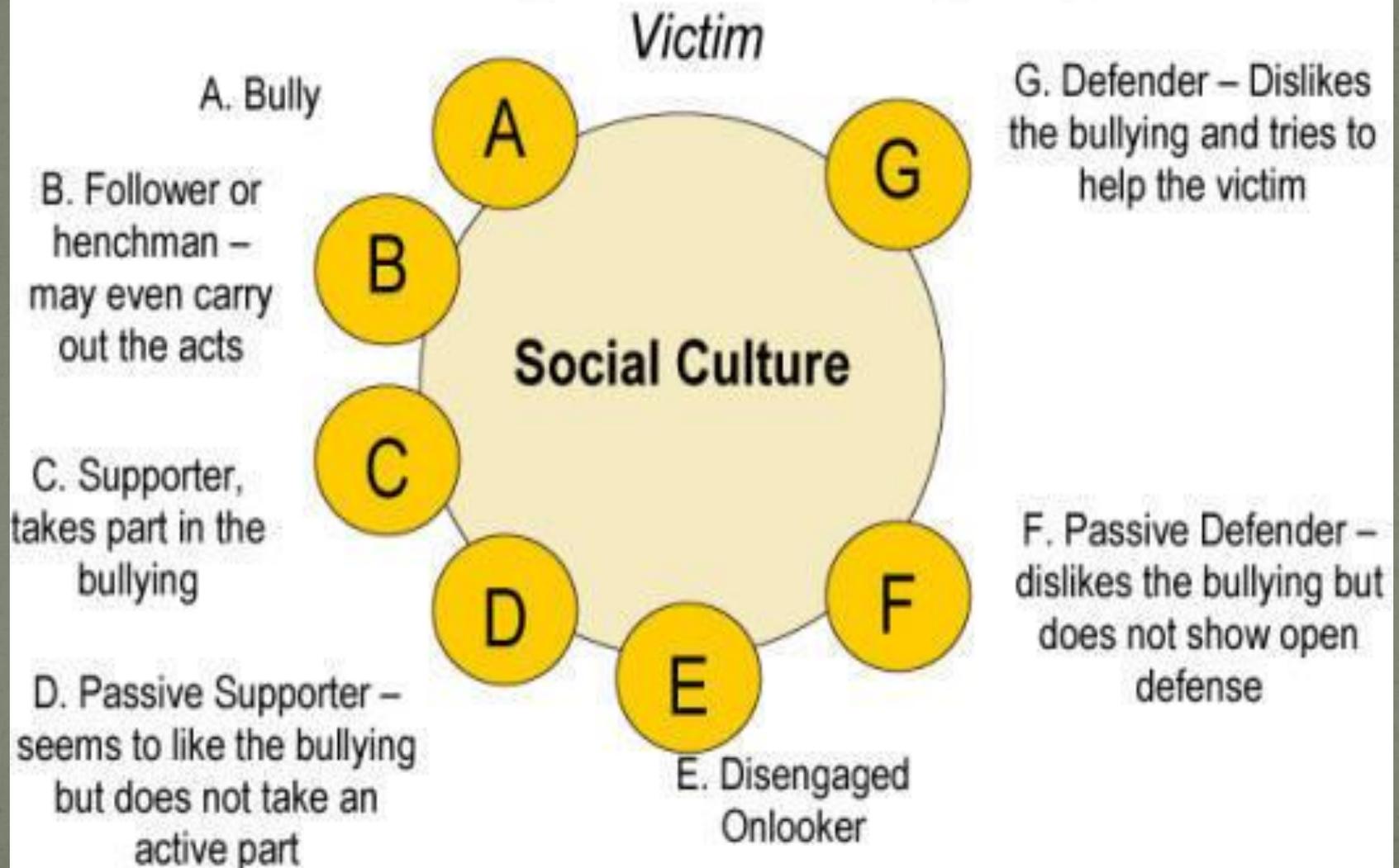
# WHY STUDENTS BULLY

Students who bully have strong needs for power and (negative) dominance.

Students who bully find satisfaction in causing injury and suffering to other students.

Students who bully are often rewarded in some way for their behavior with material or psychological rewards.

# The Cycle of Bullying



# THE IMPACT OF BULLYING

## Students Who are Bullied

Students deserve to feel safe at school. But when they experience bullying, these types of effects can last long into their future:

- Depression
- Low self-esteem
- Health problems
- Poor grades
- Suicidal thoughts

# THE IMPACT OF BULLYING

## Observers of Bullying

Students who see bullying happen also may feel that they are in an unsafe environment. Effects may include feeling:

- Fearful
- Powerless to act
- Guilty for not acting
- Tempted to participate

# THE IMPACT OF BULLYING

## Students Who Bully Others

Students who intentionally bully others should be held accountable for their actions. Those who bully their peers are also more likely than those students who do not bully others to:

- Get into frequent fights
- Steal and vandalize property
- Drink alcohol and smoke
- Report poor grades
- Perceive a negative climate at school
- Carry a weapon

# WHAT IS CYBER BULLYING

Cyber bullying is bullying through email, instant messaging (IMing), chat room exchanges, Web site posts, or digital messages or images send to a cellular phone or personal digital assistant (PDA). Cyber bullying, like traditional bullying, involves an imbalance of power, aggression, and a negative action that is often repeated.

# WHAT TO DO

If you are being bullied...

## *REACH OUT*

Tell an adult. Sometimes you may have to tell more than one trusted adult.

Ask your friends to help you. There is safety in numbers.

Practice what to say the next time you're bullied with your parents, teachers or friends.

## *BE COOL IN THE MOMENT*

Stay calm and confident. Don't show the bully that you're sad or mad.

Ignore the bully and walk away.

Remember: Fighting back can make bullying worse.

## *CHANGE THE SCHOOL COMMUNITY*

Work with others to stop bully behavior; your whole school will benefit.

Remember: A lot of kids have to cope with bullying. You are not alone. No one deserves to be bullied.

# WHAT TO DO

If you witness bullying...

## *INTERRUPT IT*

Stand next to, or speak up for, the person being bullied.

Ask the bully to stop.

Comfort the person being bullied and offer friendship.

## *GET HELP*

Walk away and get help.

Find an adult who can intervene.

# WHAT TO DO

If you are the bully...

## *MAKE A COMMITMENT TO CHANGE*

Talk to an adult, like a teacher or parent, about how to get along with others.  
Ask a friend to help you stop your bully behavior.  
Apologize to the kids you have bullied.

## *FOCUS ON EMPATHY AND RESPONSIBILITY*

Think about what it feels like to be bullied -- would you want to be treated that way?  
Before you speak, think about whether your words will help or hurt another student.

## *CHANGE YOUR BEHAVIOR*

Resist peer pressure to bully.  
If you start to bully, walk away and find something else to do.  
Remember: You don't have to like everyone around you, but you have to treat everyone with respect.