

# Bullying



vs.



# Conflict

## A Family Discussion

**Bullying is serious.** It is important to know what to do when you or someone you know is being bullied.

However, it is also important to know what to do when conflict occurs that is **NOT** bullying.

***Go through these slides with a family member to learn more about how to handle bullying and conflict.***

# What is Bullying?

1. **Watch this video** to learn more about what bullying is.
2. **Then discuss:**
  - What is bullying?
  - What can you do if you or someone you know is being bullied?



# What is Bullying?

<p>Purposely hurtful</p> 	
<p>over and over</p> 	
<p>powerless</p> 	

- Happens **on purpose over and over** again
- Makes you feel scared and sad
- You try to solve the problem and can't
- You aren't friends or the person is trying to be mean
- **1 person has power**



When bullying is happening, you don't just need the help of an adult. **EVERYONE** needs to be part of the helping!



# What is Conflict?

Not every mean or hurtful thing someone does is bullying.

Conflict is a disagreement or argument between two people. Conflict is normal, and can be solved in many ways.



# What is Conflict?

- Happens once or once in awhile
- Two or more people have an argument or disagreement
- You can find a way to solve the problem
- You can ignore it or walk away
- You can say STOP
- No one is having fun in the situation

Purposely hurtful 	X
over and over 	X
powerless 	X

When conflict is happening, the people having the conflict can work together to solve it. There are many ways to solve conflicts.



# Let's Review!

## What's the Difference Between Conflict + Bullying?

### Conflict:

- Happens **once** or once in a while.
  - Both people are upset.
- Power between the people is **equal**.

### Bullying:

- Happens **over and over** again
  - Happens on **purpose**.
- One person has more **power**.

# Bullying or Conflict Scenarios

Please go through the next slides as a family and discuss:

1. **Is this bullying or conflict? How do you know?**
  - Is the person purposely hurtful?
  - Is the person doing it over and over again?
  - Does the person feel powerless?
2. **What are 2 different ways you could solve this problem? If you try those ideas and they don't work, name an adult at school that you could ask for help?**

\*Slides are titled as appropriate for grades K-5 or grades 3-5.

## Bullying criteria

<p>Purposely hurtful</p> 	
<p>over and over</p> 	
<p>powerless</p> 	

# Bullying or Conflict?



Joseph is playing with a favorite toy at recess. His friend Matt takes the toy and will not give it back. Joseph tries to get it back but cannot. He becomes so frustrated that he pushes Matt out of his way.

- ★ Is this bullying or conflict?
- ★ How could you solve this problem?

## Bullying criteria

Purposely hurtful 	
over and over 	
powerless 	

# Bullying or Conflict?



One day during lunch, Sammy got up to get a cold lunch. When she got back to her spot, Makayla was sitting in her seat. Sammy asked Makayla to get up, but Makayla didn't move.

- ★ Is this bullying or conflict?
- ★ How could you solve this problem?

## Bullying criteria

Purposely hurtful 	
over and over 	
powerless 	

# Bullying or Conflict?



Pedro is in line, waiting to go to lunch. He is swinging his lunchbox without looking and hits Amira in the stomach. Is this bullying?

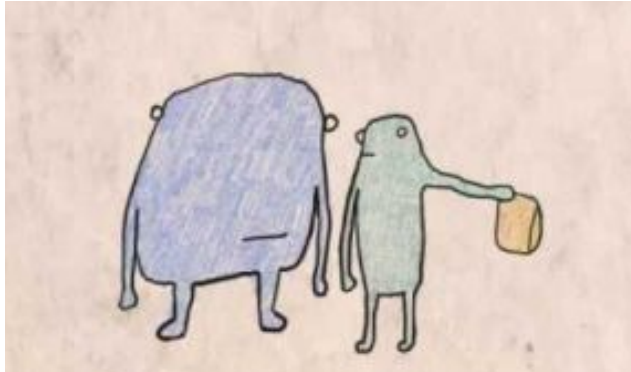
- ★ Is this bullying or conflict?
- ★ How could you solve this problem?

## Bullying criteria

<p>Purposely hurtful</p> 	
<p>over and over</p> 	
<p>powerless</p> 	

# Bullying or Conflict?

## Bullying criteria



Every day during lunch, you see a kid taking your friend's lunch. Your friend has not told a grown up because he says he is scared of the kid.

- ★ Is this bullying or conflict?
- ★ How could you solve this problem?

Purposely hurtful 	
over and over 	
powerless 	

Thank you for taking  
the time to have this  
important discussion  
with your child.

Together, we can help  
stop bullying and  
teach our children  
positive ways to  
resolve conflict.

