

# RECOGNIZING BULLYING

Bullying may be verbal, emotional, cyber, or physical

- 1 Intentional:** Bullying is always intentional and meant to cause physical or emotional harm.
- 2 Repetitive:** In most cases, bullying happens over and over. Bullies often target kids who they know will not do anything about the behaviors.
- 3 Hurtful:** Bullying is focused on a specific victim or victims.
- 4 Imbalance of Power:** If two children hold equal amounts of power one cannot bully the other. This imbalance of power can come from age, strength, size, or social status.

## CONFLICT IS NORMAL

Conflict assumes that both children are in part responsible for the current problem and need to work it out. Bullying is unfair, hurtful, and targets a specific victim.

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