

WE BUILD A SCHOOL WHERE EVERYONE BELONGS!

Not all conflict is bullying—
but every situation is a chance to learn and grow.

KNOW THE DIFFERENCE

BULLYING (NOT OK)	VS.	CONFLICT (WE CAN SOLVE IT)
 Keeps happening over and over		 Happens once in a while
 On purpose: trying to hurt, scare, or control		 Not on purpose: just a disagreement or problem
 Power imbalance: one person has more power		 Similar power: both people are about the same
 Makes someone feel unsafe, scared, or very sad		 Everyone is upset, but it can be worked out

WHAT CAN I DO?

IF IT'S BULLYING:	IF IT'S CONFLICT:
 Walk away if you can.	 Use your words.
 Tell them to stop.	 Listen to the other person.
 Tell a trusted adult.	 Take turns and be kind.
 Get help. You are not alone.	 Try to fix the problem together.

OUR SCHOOL BELIEVES:

 Everyone deserves to feel safe.	 Everyone belongs.	 We treat others with kindness.	 We can all learn and grow.
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 **BE KIND • BE RESPECTFUL**
BE THE REASON SOMEONE SMILES TODAY!

BE THE DIFFERENCE

BUILD A SCHOOL WHERE EVERYONE BELONGS.

Not all conflict is bullying—
but every situation matters.

BULLYING (NOT OK)	VS.	CONFLICT (WE SOLVE IT)
 REPEATED Happens more than once or is part of a pattern.		 OCCASIONAL Happens once in a while.
 INTENT TO HARM, CONTROL, OR INTIMIDATE The goal is to hurt or make someone feel bad.		 NOT INTENTIONAL Usually a disagreement, misunderstanding, or emotional reaction.
 POWER IMBALANCE One person (or group) has more power—social, physical, emotional, or online.		 EQUAL POWER People are about the same in status or strength.
 CAUSES HARM Makes someone feel unsafe, afraid, excluded, or humiliated.		 DISAGREEMENT Both people usually feel upset, and it can be resolved.
 OFTEN INVOLVES OTHERS OR AN AUDIENCE Online or in person, it can be public or widespread.		 PRIVATE OR BETWEEN PEOPLE Usually between the people involved.

WHAT SHOULD I DO?

IF IT'S BULLYING:	IF IT'S CONFLICT:
 Don't respond or engage.	 Pause before you react.
 Walk away and get to a safe place.	 Communicate respectfully.
 Tell a trusted adult.	 Listen to understand.
 Save evidence (screenshots, messages, etc.).	 Own your part.
 Support others—everyone deserves to feel safe.	 Work toward repair and move forward.

 **RESPECT**
everyone.

 **INCLUDE**
everyone.

 **SPEAK UP**
for others.

 **MAKE IT BETTER.**

YOUR ACTIONS SHAPE OUR SCHOOL.
CHOOSE KINDNESS. CHOOSE RESPECT.