

BULLYING VS. CONFLICT

Help keep our school community safe, respectful, and connected. 

BULLYING

NOT OK



HAPPENS AGAIN AND AGAIN

It is repeated over time.



INTENT TO HURT, CONTROL, OR EMBARRASS

The goal is to cause harm or make someone feel bad.



POWER IMBALANCE

There is an imbalance of power (size, age, popularity, group, or online).

May look like:

- Name-calling or teasing that doesn't stop
- Social exclusion or leaving someone out
- Spreading rumors
- Threats or intimidation
- Online targeting or hurtful comments

CONFLICT

WE CAN SOLVE IT



HAPPENS ONCE IN A WHILE

It is one-time or occasional.



A DISAGREEMENT OR MISUNDERSTANDING

There is no intent to hurt or control.



EQUAL POWER

Everyone is on equal footing.

May look like:

- Arguments between friends
- Differing opinions
- Misunderstandings
- Hurt feelings that can be repaired

WHAT FAMILIES CAN DO



IF IT'S BULLYING:

- ✓ Reach out to the school
- ✓ Document what is happening
- ✓ Help your child feel safe
- ✓ We will work together to take action



IF IT'S CONFLICT:

- ✓ Encourage your child to talk it out
- ✓ Help them problem-solve
- ✓ Practice listening and taking turns
- ✓ Use it as a chance to build skills



Why it matters

Not all mean behavior is bullying.

Most situations are conflict—and chances to learn and grow.

Bullying requires adult support and intervention.



Together, we can build a school community where **EVERYONE BELONGS.** 



Safe.
Respectful.
Connected.
Stronger together.