

# Is it Bullying? What is It?



## TEASING

- Everyone is having fun
- No one is getting hurt
- Everyone is participating equally

## CONFLICT

- No one is having fun
- There is a possible solution to the disagreement
- Equal balance of power

## MEAN MOMENT

- Someone is being hurt on purpose
- Reaction to a strong feeling or emotion
- An isolated event (does not happen regularly)

## BULLYING

- Attacked physically, socially, and/or emotionally
- Unequal balance of power
- Happens more than once over a period of time
- Someone is being hurt on purpose

# How to STOP Bullying

**STOP:** Tell that person to STOP

**WALK:** Walk away

**TALK:** Talk to an adult

## Something else to try:

If someone is dipping in your bucket, try to fill their bucket and see what happens!

**Remember...** the bully wants you to get angry! If you show them that you are angry, you are letting them win.