

# WHAT IS BULLYING?

## HOW TO DISTINGUISH BULLYING FROM DEVELOPMENTALLY NORMAL RELATIONAL AGGRESSION

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### **SYSTEMICALLY DEMEANING OR ISOLATING**

The behavior is unkind and is designed to demean or isolate the victim in a calculated, systemic manner.

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### **POWER DIFFERENTIAL, PERSISTENT**

There is a power differential between the offender and victim based on size, age, grade, gender, or social, economic, or racial status.

The behavior is persistent and occurs more than once.

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### **INTENTIONAL**

Bullying is purposeful, intentional behavior that is done with the express purpose of causing hurt or suffering. It is NOT an accident.

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### **OCCURS OVER TIME, TARGETED**

Bullying, as opposed to developmentally normal relational aggression, occurs repeatedly over time and is targeted, typically toward one individual.

*Remember:*

*Every child has the capacity to be a bully, and every child has the capability to stand up to one.*

