

Conflict versus Bullying

We all get into a conflict from time to time. Conflict is in fact a part of our daily lives. Teaching our children conflict resolution skills/problem solving skills early on will help so that with each situation that your child is faced with hopefully becomes a win- win for all parties involved.

Every conflict your child has is not always a bully situation. It is important to help your child be able to tell the difference.

Bullying: Unequal balance of power

Happens repeatedly over a period of time.

Someone is being hurt on purpose.

They are attacked physically, socially and /or emotionally.

Conflict: Equal balance of power

There is a possible solution to the disagreement

Mean Moment: Someone is being hurt on purpose

An isolated event (does not happen regularly)

Teasing: Everyone is having fun

No one is getting hurt

Everyone is participating equally