

## **Normal Conflict**

**Equal power or friends**

**Happens occasionally**

**Accidental**

**Not serious**

**Equal emotional reaction  
from bully**

**Not seeking power or attention**

**Not trying to get something  
things**

**Remorse - takes responsibility**

**Effort to solve the problem**

**Vs.**

## **Bullying**

**Imbalance of power; not friends**

**Repeated negative actions**

**Purposeful**

**Serious with threat of physical or  
emotional harm**

**Strong emotional reaction from  
victim; little or no reaction**

**Seeking power, control**

**Attempt to gain power/material  
things**

**No remorse - blames victim**

**No effort to solve problem**

