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QUICK TIPS TO DISTINGUISH BULLYING FROM PEER CONFLICT

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Student bullying can be defined as a repeated act of harassment or violence done to dominate, intimidate, humiliate or gain power over another student. *Some examples are:*

- Name calling, put-downs or cruel teasing
- Writing threats or vulgar things about another student
- Deliberately excluding a student from activities
- Threatening them with bodily harm
- Taking or damaging another students property
- Hitting or kicking another student
- Forcing other students to do something they do not want to do

Bullies at your school are students who consistently engage in the above behaviors with one or multiple victims. *And generally speaking they will also:*

- Have a greater history of negative behavior compared to the student they seem to be in conflict with
- Be more powerful then their peers because of stature, age or gender
- Be unable to take responsibility for their behavior but rather they will blame the victim or justify their violence
- Show no remorse for injuring another person but instead may show exaggerated emotion at the consequences associated with their situation

In a bully conflict, bullies:

- Cannot give logical reasons for their disagreement or violent behavior
- Insist on having resolution only be beneficial only to them
- Are unable to give sincere apologies to victims
- Will not walk away from violent confrontation even when a way out is available
- Acts of aggression exceed natural acts of defense (in other words they go beyond stopping another persons aggression by violently injuring them)
- Will have enjoyed hurting the other student. (watch for smirks)