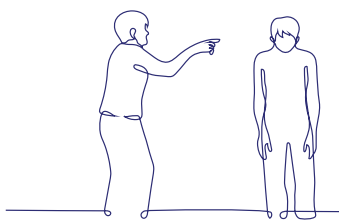


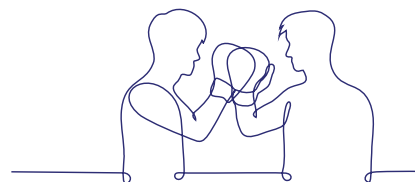
## What is bullying?

Bullying is unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. The behavior is repeated or has the potential to be repeated over time.



## What is a conflict?

A conflict is a situation involving a disagreement. Conflicts happen in many of our relationships and are normal. How we respond during a conflict impacts the outcome of the situation and the relationship.



## Tips to manage bullying

1. Tell an adult about the bullying
2. Do your best to ignore the bully's actions
3. Avoid the bully/walk away if possible
4. Screenshot and document cyberbullying. Share information with parents, school officials and law enforcement, if necessary.
5. Connect with friends and/or trusted adults for support

## How to manage a conflict

1. Take a deep breath or take a break
2. Actively listen to your friend's concerns
3. Let them know that you understand their thoughts and feelings
4. Use an "I" statement to reflect what you are thinking and feeling (I felt upset when.....)
5. Find a compromise or middle ground on the issue
6. Identify ways to make the situation better in the future

## How to use flash cards

Parents, caregivers and educators can use the situations in this deck to help a young person distinguish between bullying and conflict.

Adults can use prompting questions to gauge how a youth would respond and, when helpful, provide suggestions and guidance to ensure the youth is seeking out support and self-advocating when needed.

## BULLYING OR CONFLICT

Maria makes fun of Leo's homemade lunch everyday. She calls it "yucky" and gets other kids to laugh at him. Leo is now scared to eat his lunch at school.

**Is this bullying or a conflict?  
What can Leo do?**

## BULLYING OR CONFLICT

Two friends, Lily and Chloe, both want to play with the same red ball during recess. They argue about whose turn it is, and they can't agree on a solution.

**Is this bullying or a conflict?  
What can Lily and Chloe do?**

## BULLYING OR CONFLICT

A group of kids hides Sarah's backpack every time she goes to the restroom. When she gets back, they pretend not to know where it is, and she feels left out and embarrassed.

**Is this bullying or a conflict?  
What can Sarah do?**

## BULLYING OR CONFLICT

Liam and Noah are building a tower with blocks. Liam puts a big block on top that makes the tower fall over. Noah gets upset and says, "You ruined it!"

**Is this bullying or a conflict?  
What can Liam and Noah do?**

## BULLYING OR CONFLICT

Two students keep taking Jenny's pencil case and hiding it in different places around the classroom. When she asks for it back, they say, "Why do you need it? You're not smart anyway."

**Is this bullying or a conflict?  
What can Jenny do?**

## BULLYING OR CONFLICT

Two students are working on a puzzle together. One student, Noah, puts a piece in the wrong spot. The other student, Chloe, gets mad and says, "You're not doing it right!" She tries to grab the piece back.

**Is this bullying or a conflict?  
What can Noah do?**

## BULLYING OR CONFLICT

Mark always stands in the lunch line and pushes a smaller student, David, saying, "You're too slow. Get out of my way." He does this often, and David is afraid to get lunch.

**Is this bullying or a conflict?  
What can David do?**

## BULLYING OR CONFLICT

Maya and Olivia are playing a game of tag. Maya thinks she tagged Olivia, but Olivia says, "No, you didn't! You missed me!" They start to argue about the rules.

**Is this bullying or a conflict?  
What can Maya and Olivia do?**

## BULLYING OR CONFLICT

Max keeps pushing Alex off the swings at recess. When the teacher isn't looking, he tells Alex that he's too little and doesn't belong on the playground.

**Is this bullying or a conflict?  
What can Alex do?**

## BULLYING OR CONFLICT

During an art project, Isabella accidentally spills a little paint on Jake's paper. She says, "I'm so sorry!" but Jake is still angry that his picture is messed up.

**Is this bullying or a conflict?  
What can Jake do?**

## BULLYING OR CONFLICT

Emily and her friends send mean messages to Sam on a school tablet during class. They tell him he's "weird" and that no one wants to play with him.

**Is this bullying or a conflict?  
What can Sam do?**

## BULLYING OR CONFLICT

Jack trips Ben as he's walking down the hallway. He does it on purpose, and when Ben falls, Jack says, "Watch where you're going, clumsy!" and walks away laughing.

**Is this bullying or a conflict?  
What can Ben do?**

## BULLYING OR CONFLICT

Leo and Kai both want to be the line leader.  
They both run to the front and end up  
bumping into each other.  
They each say, "I was here first!"

**Is this bullying or a conflict?**  
**What can Leo and Kai do?**

## BULLYING OR CONFLICT

A few students start a group chat and  
purposely don't invite Kevin. They post pictures  
of him and make fun of his hair, calling him  
"frizzy" and "scarecrow."

**Is this bullying or a conflict?**  
**What can Kevin do?**

## BULLYING OR CONFLICT

Two friends, Chris and Liam, both want  
to be the "captain" of their pretend spaceship  
at recess. They get into a loud argument and  
can't agree on whose turn it is.

**Is this bullying or a conflict?**  
**What can Chris and Liam do?**

## BULLYING OR CONFLICT

During a kickball game, one student, Tina, tells  
her teammates not to pass the ball to a new  
student, Leo. She says, "He's not good at the  
game, so let's just ignore him."

**Is this bullying or a conflict?**  
**What can Leo do?**

## BULLYING OR CONFLICT

During a group project, Mia and Daniel disagree on how to draw a volcano. Mia wants to draw it in black and red, but Daniel insists it should be purple and green. They both get frustrated.

**Is this bullying or a conflict?  
What can Mia and Daniel do?**

## BULLYING OR CONFLICT

Sarah and Maria are friends, but Sarah starts telling other kids that Maria is a “crybaby” every time Maria gets upset. She spreads a rumor that Maria has a baby blanket she still sleeps with.

**Is this bullying or a conflict?  
What can Maria do?**

## BULLYING OR CONFLICT

Emily accidentally bumps into a classmate, David, in the hallway, causing his stack of library books to fall all over the floor. David is angry and says, “Look what you did!”

**Is this bullying or a conflict?  
What can David do?**