

# Bully Awareness Monday

## Conflict vs. Bullying

Bullying is different from conflict.

Conflict is a disagreement or argument in which both sides express their views.

Bullying is negative behavior directed by someone exerting power and control over another person.

Sometimes people think that bullying and conflict are the same thing, but they are not. In one way or another, conflict is a part of everyday experience, in which we navigate the complexities of how we interact. Typically, minor conflicts don't make someone feel unsafe or threatened. Bullying, on the other hand, is a behavior with intention to hurt, harm, or humiliate, and the person targeted is not able to make it stop.