

# Is It Bullying?

How can you tell if someone is being bullied? This chart can help you decide if it's bullying or something else.

## Joking Around:

- Everyone is having fun.
- No one is getting hurt.
- Everyone is participating equally.

## One Time Thing:

- Someone is being mean on purpose.
- It's a reaction to a strong emotion or feeling.
- It happens once and doesn't repeat itself.

## Conflict:

- Two people with a balance of power that have a fight, argument, or disagreement.
- A solution can usually be found.

## Bullying:

- Repeated, unwanted aggressive behavior towards someone.
- Someone is being hurt on purpose.
- Can be social, verbal, physical, or cyber.

