



Handout

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## NJSBF Conflict vs. Bullying Definitions

CONFLICT	BULLYING
<p><b>Conflict</b> is normal and experienced by everyone. Interpersonal conflict is between two or more people and can be prompted by differences in perceptions and interests, by a scarcity of resources or rewards, or by rivalry. Those involved in a conflict (interpersonal or internal) usually feel pulled in different directions at the same time.</p>	<p>Bullying is <b>INTENTIONAL</b> unwanted, aggressive behavior that can involve a real or perceived <b>POWER IMBALANCE</b>. The behavior is <b>REPEATED</b>, or has the potential to be repeated, over time.</p> <p>Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally and excluding someone from a group on purpose.</p>

## Cyberbullying Definition

Bullying that takes place using electronic technology such as cell phones, computers and tablets as well as communication tools including social media sites, text messages, chat and websites.

Examples of cyberbullying include intentionally mean text messages, chats or emails, rumors sent by email or posted on social networking sites and embarrassing pictures, videos, websites or fake profiles.