



# is it BULLYING?

When someone says or does something *unintentionally* hurtful and they do it once, that's **RUDE.**

When someone says or does something *intentionally* hurtful and they do it once, that's **MEAN.**

When someone says or does something *intentionally* hurtful and they *keep doing it*—even when you tell them to stop or show them that you're upset—that's **BULLYING.**

## 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.

<p><b>Joking Around:</b></p> <ul style="list-style-type: none"> <li>• Everyone is having fun.</li> <li>• No one is getting hurt.</li> <li>• Everyone is participating equally.</li> </ul>	
<p><b>Conflict:</b></p> <ul style="list-style-type: none"> <li>• Two people with a balance of power that have a fight, argument, or disagreement.</li> <li>• A solution can usually be found.</li> </ul>	<p><b>One Time Thing:</b></p> <ul style="list-style-type: none"> <li>• Someone is being mean on purpose.</li> <li>• It's a reaction to a strong emotion or feeling.</li> <li>• It happens once and doesn't repeat itself.</li> </ul>
<p><b>Bullying:</b></p> <ul style="list-style-type: none"> <li>• Repeated, unwanted aggressive behavior towards someone.</li> <li>• Someone is being hurt on purpose.</li> <li>• Can be social, verbal, physical, or cyber.</li> </ul>	

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