



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.

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

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