

# Bullying Behavior vs. Normal Conflict

## Bullying Behavior

- Often repeated
- Purposeful (functional)
- Can be serious threat of emotional or physical harm
- Strong emotional reaction from target of behaviors
- No remorse/blames target
- Limited effort to solve problem

## Normal Conflict

- Happens occasionally
- Accidental
- No serious emotional harm
- Equal emotional reaction
- Not trying to get something
- Remorse/takes responsibility
- Effort to resolve problem