

Differences between disagreeing and bullying

Disagreeing

- Difference- both express their views. It's okay for people to be different and we can build a plan that works around us wanting different things
- Both are important/valid
- Safe to disagree
- It's okay for others to see you working through your differences
- The other person may be older, bigger, stronger, more popular etc. but they don't use it to control you
- Generally will stop and change their behavior when they realize it's hurting someone

Bullying

- My way only. I don't care what you want.
- What you want is not important
- May make you feel uncomfortable or unsafe
- Often happens without witnesses
- The person bullying often uses their power, age, size, strength, popularity, etc. to control you
- Does not stop when asked to stop. May continue their behavior even when they realize it's hurting someone...or even increase their behavior.