

Counselor's Corner

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Bullying vs. Conflict ~ What's the Difference?

Bullying has garnered a lot of media attention because of the long-term impact it has on children who have been the targets. The good news is that adults can help kids gain skills for dealing with bullying and mean situations.

Bullying is characterized an imbalance of power.

It is defined as being unfair and one-sided. It happens on purpose and keeps happening. You haven't been able to make it stop.

A **conflict**, however, occurs when people want different things and **have equal power to solve the problem**. Most of the time, neither is trying to be mean or intimidate. There is a clear balance in power with conflicts.

BULLYING IS MEAN BEHAVIOR THAT IS INTENTIONAL, REPEATED, AND THE TARGET HAS TRIED UNSUCCESSFULLY TO GET IT TO STOP.

Everyone who knows bullying is happening has the power to stop it. We call these heroes, **UPSTANDERS** who are different than bystanders who simply observe such activity.

This means that every child at Seattle Hill plays an important part in making our school a safe, caring, place to be. The result is happier kids who learn more.

Once students recognize there is more than a conflict, but not an unsafe or threatening situation, students can (1) support the target ("Wow... That was mean. Come and play with us.") or (2) tell the bully to stop. **Bullying incidents should always be reported to an adult at school. Report if you're not sure.**

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Ask your child to help you answer the questions below. Can you recognize if these situations are bullying or conflicts? Good Luck!

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What Our Students Are Learning

Kelso's Choices problem solving lessons began in **kindergarten and first grade** this month. We will learn how to differentiate between big and small problems and how to handle them. Kindergartners will begin the Child Protection Unit in the spring.

SEL — Social Emotional Learning lessons will be taught in **grade two**. These include identifying feelings, empathy, making good choices, personal space, reading body language and more.

Our **third, fourth, and fifth graders** will be taught from the bully prevention unit of **Second Step**. (Committee for Children.)

Sixth graders will begin their post high school journeys though our **College and Career** discussions. We will explore the three domains: personal, academic, and career goals.

Please contact me for more information or visit my website [here](#).

Bullying vs. Conflict Quiz

Situation 1:

Gabe is walking through the hall. Derrick comes up to him and punches him in the arm. Gabe is surprised and runs after Derrick.

Bullying Conflict

Situation 2:

While running for home plate in kickball with your class. You think you're safe. The catcher says "You're out." You call him a cheater and he makes a mean gesture in your face.

Bullying Conflict

Situation 3:

When Sally turn rope for Double Dutch, she always tries to trip you up. Every day, she calls you names and laughs when you get out. You have told her you don't like it.

Bullying Conflict

Answers to Bully vs. Conflict quiz:

Situation 1: conflict; 2: conflict; 3 bullying