



Bullying is:



1. Something said or done that is **mean** and **on purpose**.
  2. **The incident is repeated over time** and the person cannot make it stop.
  3. The incident is **unfair** where there is an imbalance of power and it is one-sided.
- \*All three of these components are present when bullying happens. If one component is missing, it isn't considered bullying.

Bullying is not:

1. When someone says something mean to you once (not repeated over time)
  2. People calling each other names (2-sided not one-sided)
  3. An argument (two participants so not one-sided)
  4. A fight (two participants, not one-sided)
- \*All of these incidents are very hurtful and wrong but because they don't have all of the 3 components of bullying involved (1. mean/on purpose 2. repeated over time 3. unfair imbalance of power/one sided) the incidences are NOT considered bullying.