

Conflict Behaviors

Definition: A problem between two or more people. Two-sided

Conflicts happen all the time, to everyone about anything.

Conflict is a normal part of life!

Examples of Conflicts:

- You want to play soccer, your friend wants to play basketball.
- You don't like another student and that student does not like you.
- You call someone a mean name, they call you a mean name back.
- You spread a rumor about someone after they spread a rumor about you



Ways to help yourself:

1. STOP



2. WALK



3. TALK



- Tell the person to **STOP** (if that doesn't work...)
- **WALK** away (if that doesn't work...)
- **TALK** to a trusted adult

Be a Bucket Filler

When you fill someone's bucket your fill your own bucket too!!



Help....I'm Being Bullied!

Is it a RIP?

Repeated – did it happen more than twice?

Intentional – was it done on purpose?

Power – is there an imbalance of power?
Did you do it back?

*If you answered yes to these questions...
then it might be bullying!*

Report bullying to a trusted adult at school or at home



**KEEP
CALM
AND
ignore
rude people**

Rude Behaviors

Definition: Saying or doing something that hurts someone else without mean intentions.

Examples of Rude Behavior

- Cutting someone in line
- Bragging
- Not saying “hi” back
- Not holding the door

Mean Behaviors

Definition: Saying or doing something to hurt someone on purpose (1-2 x)

Examples of Mean Behaviors

- Calling someone “dumb” or “stupid”
- Throwing something in anger toward someone
- Making fun of someone’s clothes
- Yelling at someone
- Telling someone they can’t play

Bullying Behaviors

Definition: When one or more people repeatedly harm, harass, intimidate, or exclude others over time.

There is an imbalance of power and it is one sided.

- **Physical** (hitting, kicking, shoving, choking, tripping)
- **Verbal** (threats, namecalling, embarrassing someone on purpose).
- **Relational** (leaving others out on purpose, rumors, gossip, ignoring, “I’m not your friend if...”, “If you are her friend...I’m not your friend.”)
- **Cyber** (using technology to do any of the above behaviors).

If you find yourself in a true bullying situation – get help!