

Conflict vs. Bullying

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Conflict: occurs when two individuals, with no perceived power imbalance, fight, have an argument, or disagree. Conflict happens every day and is normal and unavoidable because of differences in opinion between individuals. While conflicts themselves are unavoidable, how the situation is dealt with can be controlled.

Healthy responses to conflict:	Unhealthy responses to conflict:
Calm, non-defensive, and respectful reactions.	Explosive, angry, hurtful, and resentful reactions.
A readiness to forgive and forget, and to move past the conflict without holding resentments or anger.	Placing limits or manipulating others for personal benefit.
The ability to seek compromise or collaborate on a solution.	A refusal to compromise or see the other person's side.
A belief that facing conflict head on is the best thing for both sides.	The fear and avoidance of conflict; the expectation of bad outcomes.
Recognizing when you are wrong and/or looking towards the best interests of all parties involved.	Giving in to another's desires for the sake of keeping peace.

If you have been unable to resolve the conflict appropriately:

- * File a Student Incident Report located in the High School Office
- * Report the situation to a trusted adult

Bullying: unwanted, aggressive behavior that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Kids who bully use their power- such as physical strength, access to embarrassing information, or popularity- to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people. Both kids who are bullied and who bully others may have serious, lasting problems.

Healthy Ways to Respond to Bullying	Unhealthy Ways to Respond to Bullying
Be assertive and tell them to stop. If they choose not to, don't engage or argue.	Physical altercation or arguing.
Talk to a trust adult about the bullying (ex. parent, teacher, counselor, principal).	Isolating yourself if you are being bullied.
Speak up if you know someone else is being bullied.	Being a bystander or avoiding/ignoring the situation when someone else is being bullied.
Understand that some situations call for outside help.	Blaming yourself for being a target.

To report a bullying incident:

* [DASA Form](#)

The above DASAform will go directly to our DASA coordinators: Mrs. Gregory, MS or Mr. Decker, HS.