

Understanding the Difference

Teasing

Adapted from Coloroso, Barbara, *The Bully, the Bullied, and the Bystander* (2004)

- Allows the teaser and teased to swap roles with ease
- Is innocent in motive; NOT intended to hurt the other person
- Maintains the basic dignity of everyone involved
- Pokes fun in a lighthearted, clever and benign way
- Is meant to get both parties to laugh
- Is a small part of the activities shared by kids who have something in common
- Is discontinued when the teased becomes upset or objects to the teasing

Flirting

Adapted from Coloroso, Barbara, *The Bully, the Bullied, and the Bystander* (2004)

- Allows and invites both persons to swap roles with ease
- Is NOT intended to hurt the other person – it is an expression of desire
- Maintains the basic dignity both persons
- Is meant to be flattering and complementary
- Is an invitation to have fun together and enjoy each other's company
- Invites sexual attention
- Is intended to make the other person feel wanted, attractive and in control
- Is discontinued when the person becomes upset, objects to the flirting or is not interested

Peer Conflict

Adapted from the ABC's of Bullying,
http://pathwayscourses.samhsa.gov/bully/bully_intro_pg1.htm

Normal peer conflicts involve the following factors:

- Freedom of expression – **Peers do not insist on getting their own way**
- Willingness to communicate – **Peers give reasons when they disagree**
- The relationship is valued – **Peers apologize or try to find win-win situations**
- Negotiations is an option – **Peers will bargain and negotiate to get their need met**
- Disengagement is an option. **Peers can change the topic or walk away**

Bullying/Taunting

Adapted from Coloroso, Barbara, *The Bully, the Bullied, and the Bystander* (2004)

- Is based on an imbalance of power and is one-sided
- Is sinister in motive – intended to harm
- Involves humiliating, cruel, demeaning or bigoted comments thinly disguised as jokes
- Includes laughter directed **at** the target, not **with** the target
- Is meant to diminish the sense of self-worth of the target
- Induces fear of further taunting or can be prelude to physical bullying
- Continues especially when target becomes distressed or object to the taunting

Sexual Bullying

Adapted from Coloroso, Barbara, *The Bully, the Bullied, and the Bystander* (2004)

- Is based on an imbalance of power and is one-sided
- Is intended to harm and exploit
- Is invasive and intended to assert the status of the bully
- Is intended to be degrading or demeaning
- Is intended to express control and domination
- Is intended to violate the boundaries of the target
- Is intended to make the other person feel rejected, ugly, degraded, powerless or uncomfortable
- Continues especially when target becomes distressed or objects to the sexual comment

Bullying

Adapted from the ABC's of Bullying,
http://pathwayscourses.samhsa.gov/bully/bully_intro_pg1.htm

Characteristics of bullying behavior:

- **Intent** to harm – bully finds pleasure in trying to dominate
- Intensity and duration – continues over a long period of **time** and is damaging to the victim's self esteem
- Power of the bully – age, strength or size used to **overpower** the target

Effects on victim

- **Vulnerability** of the victim – cannot adequately defend
- Lack of **support** – target feels isolated, fears retaliation
- Long-term consequences – damage to self-esteem is often long lasting