



Bullying & Cyberbullying Definitions & Discussion Questions

Discuss Definitions and Build Resiliency

CONFLICT is a serious disagreement or argument; dispute; clash, such as being rude, saying something mean, or teasing. Conflict is not bullying.

BULLYING is unwanted aggressive behavior that is **repeatedly** and **intentionally** carried out by someone seen to have more power (greater in size, age, popularity, psychological strength). Bullying is not normal childhood behavior, and some bullying can be criminal, such as harassment, hazing, or assault.

CYBERBULLYING is aggressive behavior that is **repeatedly** and **intentionally** carried out against a defenseless victim online.

BULLYCID occurs when one takes their own life after experiencing a reactive depression related to being bullied; when the victim is unable to cope with chronic or extremely humiliating abuse from being bullied or cyberbullied and ends their life to escape the suffering.

RELATIONAL AGGRESSION is a behavior that goes beyond a conflict and intends to hurt someone by harming relationships with others, such as put downs, ignoring, excluding others, or gossiping.

CONFLICT MANAGEMENT SKILLS are one's ability to successfully resolve conflict by managing stress while remaining alert and calm, controlling emotions and behavior, and respecting the differences of others.

RESILIENCY is the capacity and ability to adapt to, bounce back from, cope effectively, and recover quickly from difficulties; toughness; grit.

Critical Thinking Section

Students:

- What emotions arise when another student says negative things about you?
- In your own words, how do you define bullying?
- When should you tell someone if you are being bullied? Or, if you see someone being bullied?
- What can you do if you suspect a friend is being bullied?
- How do you keep yourself safe from cyberbullying?
- How would you rate your conflict management skills? How do you handle conflict?
- What is the difference between conflict and relational aggression?
- What is resiliency to you?

David's Legacy

The David's Legacy pledge is part of a campaign to stop cyberbullying. The ellipsis symbol and its three red dots serve as a reminder to STOP AND THINK before posting. When a David's Legacy pledge sticker is placed on a cell phone or computer, it communicates to others, "I pledge to never use this device as a weapon." To learn about David, take the pledge, and receive your sticker, contact your counselor or visit davidlegacy.org/take-the-pledge/



Family & Staff:

- What is the best approach to preventing bullying before it starts?
- What is your school's anti-bullying policy? Is there an anonymous method for reporting bullying?
- How do you promote safe internet or cell phone use?
- How do you monitor online activity?
- What actions do you take to prevent or intervene when you see bullying or cyberbullying at home or in the classroom?
- What conflict management skills do you teach and model to build resiliency, and how?