



## Social Conflicts Defined

Knowing the definitions to the different types of social conflict is essential to applying the appropriate strategies to resolve the situations.

**Bullying** is when a person uses his/her power, over a period of time, to emotionally or physically hurt someone on purpose.

**Conflict** is when two individuals get into an argument or disagreement. The individuals have the same amount of power and are arguing verbally, physically, and/or using the internet as a means to argue.

**Relational aggression** is a social emotional aggression between students in relationships, whereby “the group” is used as a weapon to hurt others. This can take the form of gossip, rumors, social exclusion, manipulative friendships, and even negative body language. Relational aggression is a type of aggression that aims to hurt others through exclusion, teasing, gossip, and rumors. This type of aggression is done over a period of time, such as bullying, and there is a differentiation in power.

**Teasing** is when one person is making fun of another person. There are different types of teasing: good teasing, bad teasing, and unintentional teasing.

**Gossip** and rumors are when people share private information about someone or false information about an individual with the intent to spread the knowledge.

**Cyberbullying** is when someone is using the internet as a channel of communication to bully someone else. It is using power or social media status to intentionally harm another individual emotionally over a period of time.

**Drama** is the combination of rumors, gossip, and teasing in conflict situations between individuals or groups. Drama is not bullying, as there is not a differentiation in power between groups or the individuals. With drama, the person being targeted is retaliating or fighting back. If there is no fighting or retaliation, then the situation displayed is considered bullying.

**Harassment** is when a person is being threatened and their safety is at risk. Harassment is illegal and there are measures to protect children and teens in this situation. Threats of violence or inflicting harm are seen as harassment and need to be reported immediately to the police.

**Stalking** is when someone is following a persons’ every move and harassing them online or face-to-face. The individual being targeted is fearful for their safety.

*Add these definitions to your toolbox and contact Bulldog Solution for more information on ways to protect children and teens from social conflict, bullying, and violence.*

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