



# Conflict or bullying: How to distinguish?

While quarrels and conflicts arise more often between children and teenagers acquainted with each other, harassment (bullying) can be directed at a stranger.

How to tell when it's time to fight bullying instead of giving advice on resolving conflicts?

	✓	✗
<b>Reasons</b>	There is usually a reason	<b>Reasons are not needed</b> Abusers enjoy the process itself, so anyone can become a victim of bullying
<b>Equality of forces</b>	Two approximately equal parties are involved	<b>The forces are unequal</b> The relationship develops according to the type of "hunter — prey"
<b>Emotions</b>	Both parties experience approximately the same emotions	<b>Emotions vary greatly:</b> on the one hand — aggression and fun; on the other — pain, fear, impotence
<b>Purpose</b>	The purpose of the conflict is its resolution	<b>The purpose of bullying</b> is psychological violence, which can turn into physical violence
<b>Duration</b>	Doesn't tend to last long	<b>Continues for months</b> (sometimes for years)
<b>Consequences</b>	Doesn't tend to have serious negative consequences for the mental health	<b>Causes significant psychological harm</b>
<b>Ending</b>	<b>CONFLICTS CAN BE RESOLVED</b>	<b>BULLYING CAN ONLY BE STOPPED</b>

If you do not succeed in solving the situation independently - address our specialists.  
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