



State of Washington

Office of
Superintendent of Public Instruction

OSPI

HIB FAQ

QUESTION: How does bullying differ from other forms of conflict?

ANSWER:

Other Conflict/ Fighting *

Between friends/equals/peers
Spontaneous/occasional
Accidental/not planned
No serious, lasting harm
Equal emotional reaction
Not for domination/control
Often a sense of remorse
May try to solve problem

Bullying *

Not friends/imbalance of power
Repeated over time
Intentional
Physical/emotional harm
Unequal emotional reaction
Seeking control/possession
No remorse-blames target
No effort to solve problem

* Please remember that specifics will vary with each incident.

RESOURCES

The following is a starter list of HIB resources.
Check the School Safety web site for more.

1. <http://www.cyberbullying.us> – Cyberbullying Resource Site
2. <http://www.cfchildren.org> – The Committee for Children
3. <http://www.olweus.org> – The Olweus Bullying Prevention Program
4. <http://www.stopbullying.gov> – The White House Site
5. <http://www.stopbullyingworld.org> – International Bullying Prevention Assoc.
6. <http://webhost.bridgew.edu/marc> - MA Aggression Reduction Center Site



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QUESTION: Isn't this just kid stuff?

ANSWER:

No, bullying can look like & be related to other aggressive behavior such as :

Harassment – sexual, racial/ethnic, religious...

Intimidation

Hazing

Dating violence

Spousal abuse

Child abuse.

Keep all of these terms in mind when talking about
“bullying.”



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QUESTION: What is bullying? How do we define it?

ANSWER:

Bullying is...

when a student or students are being exposed, repeatedly and over time, to negative actions on the part of one or more students.

Bullying exists when...

there is intentional harm-doing
where a negative action
is repeated over time;
and there is an imbalance of power