

Normal Conflict vs. Bullying/Relational Aggression

Normal Conflict	Bullying/Relational Aggression
Equal power	Imbalance of power
Happens occasionally	Repeated negative actions Repeated covert actions
Accidental	Purposeful
Not serious	Serious with threats of physical or emotional harm Attempts to hurt through humiliation and/or exclusion that affect social status and relationships of victim
Equal emotional reaction	Strong emotional reaction from victim; little or no reaction from bully
Not seeking power or attention	Seeking power and control
Not trying to get something	Attempt to gain power, material things or gain popularity
Remorse – takes responsibility	No remorse – blames victim May or may not show remorse Manipulative approach may try to make victim believe what they are feeling is not real
Effort to solve problem	No effort to solve problem may deny there is a problem May challenge by asking for specific examples of their behavior Victim may not be able to articulate because of complex social dynamics

Larry Epstein, Karrmyn Strama

Resources on Bullying Prevention and Relational Aggression

Books

The Bully, the Bullied, and the Bystander: From Preschool to High School – How Parents and Teachers Can Help Break the Cycle of Violence by Barbara Coloroso

Mean Girls Grown Up: Adult Women Who are Still Queen Bees, Middle Bees, and Afraid-to-Bees by Cheryl Dellasega

Girl Wars: 12 Strategies That Will End Female Bullying by Cheryl Dellasega and Charisse Nixon

Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends, and Other Realities of Adolescence and *Queen Bees Thorns and Kingpin Dads* by Rosalind Wiseman

Odd Girl Out: The Hidden Culture of Aggression in Girls and *Odd Girl Speaks Out: Girls Write about Bullies, Cliques, Popularity, and Jealousy* by Rachel Simmons

Mean Girls: 101 ½ Creative Strategies for Working with Relational Aggression by Kaye Randall and Allison Bowen

Sugar & Spice and No Longer Nice by Deborah Prothrow-Stith and Howard Spivak

Bullying in the Girls' World by Diane Senn

Bullies, Targets and Witnesses: Helping Children Break the Pain Chain by SuEllen Fried and Paula Fried

Web sites

Girl Scouts No Way R.A. Patch Program (by Cheryl Dellasega, Ph.D.): www.girlscoutsmilehi.org
(>Programs >Council Programs > Friendship & Awareness > Patch Programs)

The Colorado Trust, Bullying Prevention Initiative: www.thecoloradotrust.org

Stop Bullying Now: www.stopbullyingnow.org

Club Ophelia (Cheryl Dellasega, Ph.D.): www.clubophelia.com

The Ophelia Project: www.opheliaproject.org

Names Do Hurt: www.namesdohurt.com

Relational Aggression Blog: www.relationalaggression.net

Bullying Online: www.bullying.co.uk

Bullying: www.bullying.org

Training Wheels (Michelle Cummings): www.training-wheels.com

The Bully Coach (Joel Haber, Ph.D.): www.respectu.com

American Camp Association, Camping Magazine articles: www.acacamps.org/campmag

