

Continuum of Behaviours

	Conflict	Rude	Mean/ Aggressive	Bullying
Intention	No intention to cause harm, both sides want to have their needs met and work things out To solve the problem	Varies, may indicate attempt to communicate needs, achieve goals	Cause harm, fear or distress May also be used to communicate feelings/needs	Cause harm, fear or distress Gain power/control over the target Gain prestige or popularity
Frequency	Occasional to ongoing, depending upon the relationship	Occasional to ongoing Does not follow a pattern	Occasional to ongoing Does not follow a pattern	Repeated and ongoing
Description	A disagreement that both parties can work together to solve Interactions can be positive or negative	Impulsive behaviour, apparent selfishness, thoughtlessness or poor manners	Impulsive behaviour, angry or aggressive outbursts Directed at certain individual(s)	Planned, deliberate, actions Targeting of specific individual(s) May be verbal, physical, social/relational, cyber/digital