

# E.J. Moss Counselor Connection

EJ Moss Intermediate | Lindale ISD

## Teasing, Bullying, Conflicts: What's the difference?

*Teasing, bullying and conflict are words often used interchangeably, but involve three distinctly different types of interactions. Understanding the specific behaviors involved can help parents and guardians coach kids on the best way to respond. So, what's the difference?*

**Teasing** can consist of neutral, friendly, playful words and actions but also can be negative, annoying, or hurtful. Teasing is often intended to get attention or provoke a reaction. Strategies such as under-reacting or ignoring often put an end to teasing, but children should be encouraged to seek help from an adult if those strategies aren't effective. When teasing becomes hostile behavior intended to exert power over another person, it can escalate to bullying.

**Bullying** is unwanted, aggressive behavior that is *intentional, persistent, severe, pervasive, and involves a social or physical power imbalance between the person doing the bullying and the target*

The **four types of bullying** are **verbal** (using mean words to hurt or intimidate); **physical** (harming a person's body or possessions); **social** (intended to hurt someone's social relationships or reputation); and **cyber** (harming others over a device). Children who experience or witness bullying at school are encouraged to stand up to bullying and report, but parents and guardians should contact the school immediately if bullying occurs. Bullying is serious behavior that cannot be ignored and rarely stops without adult intervention.

### What's in this month's issue:

- Teasing, Bullying, Conflicts: What's the difference?
- Helping children learn to assess and solve problems
- Try it at home!

**Conflicts** are arguments, disagreements, or fights between people and a normal part of human relationships. While conflicts may involve verbal name-calling or physical aggression, a one-time event of two children fighting with no perceived power imbalance is not an example of bullying.

*-from Haverford Township Counselors' Connection*

### Want to learn more?

Read How to Talk About Bullying from [stopbullying.gov](http://stopbullying.gov)



 **STOP!T** The STOP!T app can be used to anonymously report bullying.

# Helping Children Learn How to Assess & Solve Problems

Problem solving is an important skill that continues to develop as our children grow and mature. We help to facilitate the development of their self-esteem by allowing them the opportunity to assess situations and develop resolutions that are pleasing to themselves and the groups in which they interact.

One way to help students develop strategies for problem solving is to teach them to look at the size of the problem. Ask them to determine if the problem is a **"big deal"** or a **"little deal."** A **"little deal"** is a small problem that takes little time to resolve and can be handled by the child themselves. A **"big deal"** is a big problem that requires help from one or more adults to resolve. When solving a big problem the child and adult can work in tandem to resolve the issue. Together they may decide to reach out to other adults with more expertise to handle the specific issue.



Kalli, Colton, Steven, Vanessa, & Selah

**[Click here for more information on how to practice and implement problem solving strategies at home.](#)**

## Try it at Home

BIG PROBLEMS VS SMALL PROBLEMS AND HOW TO DEAL WITH THEM		
TYPE OF PROBLEM	EXAMPLES	HOW TO DEAL WITH THEM
BIG PROBLEMS		
MEDIUM PROBLEMS		
SMALL PROBLEMS		

CONFLICT RESOLUTION IDEAS:  
Ask for help, negotiate, compromise, avoid the problem (check the previous worksheet for some examples of these strategies)

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Big problems are hard for children to solve on their own and usually require help from an adult and small problems can be solved without an adult and don't need a big reaction.

Help guide your child into understanding if their "problem" is a big problem that requires assistance, or a small problem that they can handle on their own by asking these questions:

- Is anyone hurt? (big problem)
- Is anyone being teased? (medium problem)
- Are people being unsafe? (big problem)
- Are you able to solve the problem on your own? (small problem)

Remind yourselves and your children that these questions may need to wait until after a small "cooling off" period. If needed, help your child take a few breaths, or other calming strategies before using the questions.

Helping children learn to problem solve is a life skill that will help them in all areas of their lives. -from Haverford Township Counselors' Connection

## Upcoming Dates

**10/2-10/6** Grandparent's Week  
**10/3-10/6** Play It Safe- Advocacy Presentations  
**10/12 :** Early Release Day  
**10/13:** Student Holiday  
**10/16-10/20:** K-Kids Food Drive benefiting Lindale Christmas Helpers

**10/27:** Last Day of 2nd 6 weeks- First Things First & Kona Ice  
**10/31:** West Campus- All grades SOAR store  
**11/2:** East Campus- 4th grade SOAR store & College Color Day  
**11/3:** East Campus- 5th grade SOAR store