



Understanding

Unkindness vs. Bullying



Unkindness

- A single act of hurtfulness
- Often unplanned
- Usually isolated
- No power imbalance needed



Someone makes a mean comment once

VS



Bullying

- Repeated, intentional harm
- Sustained over time
- Forms a pattern
- Involves power imbalance



Repeatedly mocking someone and encouraging others to do the same.

Key Difference

- **Unkindness** = one-off or occasional hurtful behavior.
- **Bullying** = ongoing, intentional, and involves power imbalance.



Honesty



Respect



Kindness



Aspiration