

7.8 Difference between Conflict and Bullying Worksheet-Answer Sheet

Try This!

Place a **C** for conflict or a **B** for bullying in front of the following statements. Discuss why people bully. Discuss examples where the mentee has seen or experienced bullying or horizontal violence.

C Each person comes into the situation empowered and with information

B Generates a strong emotional response from the *victim*

B Repeated negative/covert actions

C Makes effort to solve problem

B Attempts to gain power, things or popularity

B Threats of physical or emotional harm; hurts through humiliation and/or exclusion

C Potential for equal emotional reaction

B No problem-solving; may deny there is a problem

Most people bully in order to hide inadequacy. Anyone who chooses to bully is admitting their inadequacy.

Bullying is an ineffective way of working, resulting in demoralization, lower morale, dissatisfaction and alienation. In the workplace, staff turnover and sickness/absences are high while morale, productivity and profitability are low. Patient satisfaction also declines.

Bullying is present behind all forms of harassment, discrimination, prejudice, abuse, persecution and violence.