

# RUDE vs. MEAN vs. BULLYING

## Defining the differences:

**Rude:** Carelessly saying or doing something that hurts someone else.

Examples:

- burping in someone's face
- jumping ahead in line
- based on thoughtlessness, poor manners, unplanned inconsideration, spontaneous
- not meant to actually hurt someone, unintentional

**Mean:** Purposefully saying or doing something to hurt someone once (or maybe twice).

Examples:

- aims to hurt, belittle, criticize, put down
- criticizing clothing, appearance, intelligence, coolness,
- often sounds like words spoken in anger, impulsive cruelty
- "I hate you!": "You are so fat/ugly/stupid!"

**Bullying:** Involves 3 elements: intent to harm, repeated acts, and an imbalance of power

- Bullies say or do hurtful things intentionally, keep doing it, with no sense of regret or remorse
- Types of BULLYING:
  1. Physical aggression - hitting, punching, kicking, spitting, tripping, etc.
  2. Verbal aggression - words, verbal threats
  3. Relational aggression - using social exclusion, shunning, rumor spreading, etc.
  4. Cyber bullying - involves technology-hurt inflicted thru computers, cell phones, devices