



What is bullying?

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What is a friendship issue?

Children are still developing their social skills and their friendships have all the ups and downs you might expect. In school, we work hard to teach the children how to manage their friendships, and how to resolve conflict.

At St Nic's, we use the Anti-Bullying Alliance definition of bullying to avoid misidentifying it:

'The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face-to-face or online.'

[Video: Anti-Bullying Alliance definition of bullying](#)

There are four key elements to this definition:

- hurtful
- repetition
- power imbalance
- intentional

In this short video you will hear about what we mean by a **'power imbalance'**:



**What does ABA mean by
an imbalance of power in
bullying?**

For more information and advice for parents, please visit

<https://anti-bullyingalliance.org.uk/tools-information/advice-and-support/advice-parents-and-carers>