



ophelia project

The Language of Peer Aggression

- **Accountability:** an understanding and acceptance of ownership for behavior
- **Agent of change:** a person who actively encourages and engages others to examine the status quo and move in another direction.
- **Aggression:** behaviors that are intended to hurt or harm others
- **Aggressor:** the person who chooses to hurt or damage a relationship
- **Alliance:** a relationship between two or more people with an intention to exclude or act aggressively towards another person
- **Alternative Positive Behavior (APB):** A suggestion for a more socially acceptable behavior aligned with positive normative beliefs that will serve as a replacement for a negative behavior
- **Assertive:** a calm and firm position regarding a belief
- **Belief:** something one accepts as true or real; a firmly held opinion or conviction.
- **Bullying:** a real or perceived imbalance power, with the more powerful child or group attacking those who are less powerful
- **Bummer:** a situation that is not particularly desirable but is not aggressive in its nature
- **Bystander:** A person who is not an aggressor or target but witnesses aggression
- **Civility:** showing positive regard for others in accordance with the normative beliefs of a group
- **Clique:** an exclusive peer group
- **Conflict resolution:** Process by which issues arising from a disagreement or clash between ideas, principles, or people are settled
- **Consequence:** A positive or negative outcome resulting from a choice or decision
- **Covert aggression:** behaviors in which the perpetrator manipulates other to attack or harm the target person, instead of doing so him/herself
- **Cyberbullying:** willful and repeated harm inflicted through the use of computers, cell phones, and other electronic devices
- **Emotional literacy:** the ability to accurately use words to describe feelings and emotions
- **Emotions:** The outward and inward expression of a person's state of mind based upon personality, mood and temperament that influence relationships and must be appropriately managed
- **Empathetic disconnect:** The inability to sense the emotions and feelings of the receipt of a message; specifically applies to cyber-communication
- **Empathy:** the awareness of another person's thoughts, feelings, and intentions
- **Exclusion:** a form of relational aggression where a person or group of people do not permit someone to be a part of a peer group; can be intentional or unintentional



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- **Forgiveness:** the process of concluding resentment, indignation, or anger as a result of a perceived offense, difference, or mistake, and/or ceasing to demand punishment or restitution
- **Friendship:** a relationship between peers who generally like each other
- **Gossip:** an aggressive or untruthful statement shared about another person
- **Hostile Attribution Bias (HAB):** the tendency to perceive hostile intent on the part of others even when it is really lacking
- **Indirect aggression:** behaviors harming a target by rejection or exclusion
- **Infinite bystander effect:** The idea that anyone online can be a bystander to a cyberbullying incident
- **Leadership:** the process of social influence in which one person can enlist the aid and support of others in the accomplishment of a common task
- **Making it right:** an apology or any restorative action to repair a relationship and reestablish civility between the aggressor and the target
- **Mentorship:** a developmental relationship in which a more experienced person helps a less experienced person develop in a specified capacity
- **Minority:** a group of people who share a characteristic that is not representative of the larger population
- **Normative beliefs:** self-regulating beliefs about the appropriateness of a social behavior
- **Overt aggression:** harming others through physical aggression, verbal threats, or instrumental intimidation
- **Perspective taking:** the ability to view a situation from the mindset of another person
- **Pro-social skills:** the abilities necessary to be aware of thought and feelings of others, feeling concern and empathy for them, and acting in ways that benefit others
- **Physical aggression:** harm and control through physical damage or by the threat of such damage
- **Proactive aggression:** deliberate aggressive behavior that is controlled by external reinforcements
- **Protective factors:** Actions and situations that promote healthy behaviors and decrease the chance of engagement in risky behaviors
- **Reactive aggression:** an angry, defensive response to frustration or provocation
- **Relational aggression:** harming others through purposeful manipulation and damage of their peer relationships
- **Relationships:** Connections and interactions with others that may be positive or negative
- **Revenge:** a response to an aggressive act in which a target assumes the role of aggressor and makes a former aggressor a target



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- **Rule:** a principle or statement that governs behavior
- **Rumors:** false information about a person spread to a number of other people
- **School climate:** the quality and character of student life
- **Sexting:** The act of sending sexually explicit messages or photos electronically, primarily between cell phones
- **Self-confidence:** a positive awareness and belief in one's abilities to complete a task
- **Silent treatment:** refusing to acknowledge someone in an effort to embarrass, hurt, or exclude
- **Social norm:** Shared pattern of beliefs or behaviors within a group
- **Stereotype:** an exaggerated approximation of the average behaviors or beliefs of a group of people who share a similar trait; can be based on gender, race, ethnicity, religion, sexual orientation, or other traits
- **Support:** People or organizations providing active help and/or encouragement
- **Target:** the person who is aggressed upon
- **Teasing:** a harmless way of joking around between friends
- **Taunting:** a hurtful, aggressive statement often implying the taunter has power over the taunted
- **Upstander:** Individual who recognizes the victimization of others and chooses to act on their behalf; a bystander who positively intervenes to come to the aid of a target
- **Verbal aggression:** a communication intended to cause psychological pain to another person, or a communication perceived as having that intent