The Difference between Tattling and Telling

Believe it or not, there is a very **big difference** between tattling and telling. Not knowing the difference can keep a victim from asking for advice or a bystander from taking action.

Tattling and telling may both feel like negative actions. Don’t get caught up on the words so much as looking at the reason we use them.

**People tattle to:**

* Get someone else in trouble
* Get attention
* Think less about helping someone else and more about themselves
* “Get back” at someone
* Complain

Telling is different from tattling because you are trying to get help with a problem rather than trying to get someone in trouble.

**People tell because they:**

* Have been threatened or are in danger
* Need advice
* Need help for themselves or someone else
* Need help with a problem they cannot solve themselves

Remember bullying can have very negative outcomes for the victim. So, the goal should always be to stop the bullying. Do not be afraid to talk to an adult if you or someone you know is being bullied.