# What is bullying?

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'. ANTI-BULLYING ALLIANCE Definition of bullying

## Bullying can take many forms

### Verbal



#### **Verbal**

Using unkind words in-person and directly to someone's face **Examples**:

- Swearing
- Discriminatory language
- Offensive language (concerning personal choices)
- Hurtful comments

Can you list three examples on your MWB?

# Bullying can take many forms

### Indirect



#### **Indirect**

Doing something unkind behind someone's back or online **Examples**:

- Cyber bullying
- Rumours, secret sharing
- Isolating someone
- Damaging/taking property
- Intimidation

Can you list three examples for each on your MWB?

# Bullying can take many forms

#### **Physical**

Any unwanted or non-consensual physical contact towards someone

#### **Examples:**

- Punching
- Kicking
- Pinching
- Slapping
- Tripping
- Spitting
- Throwing objects at people

# **Physical**



Can you list three examples for each on your MWB?

## What is banter?

Banter is a playful, friendly exchange of teasing remarks.

The person on the receiving end should be in on the joke.

# ANTI-BULLYING ALLIANCE Definition of banter

### However...

There's a big problem with 'banter'.

Sometimes 'banter' gets used to excuse behaviour that could actually be bullying.

It can sometimes be hard to tell the difference, right?







# BANTER

\* 100000



I completely disagree

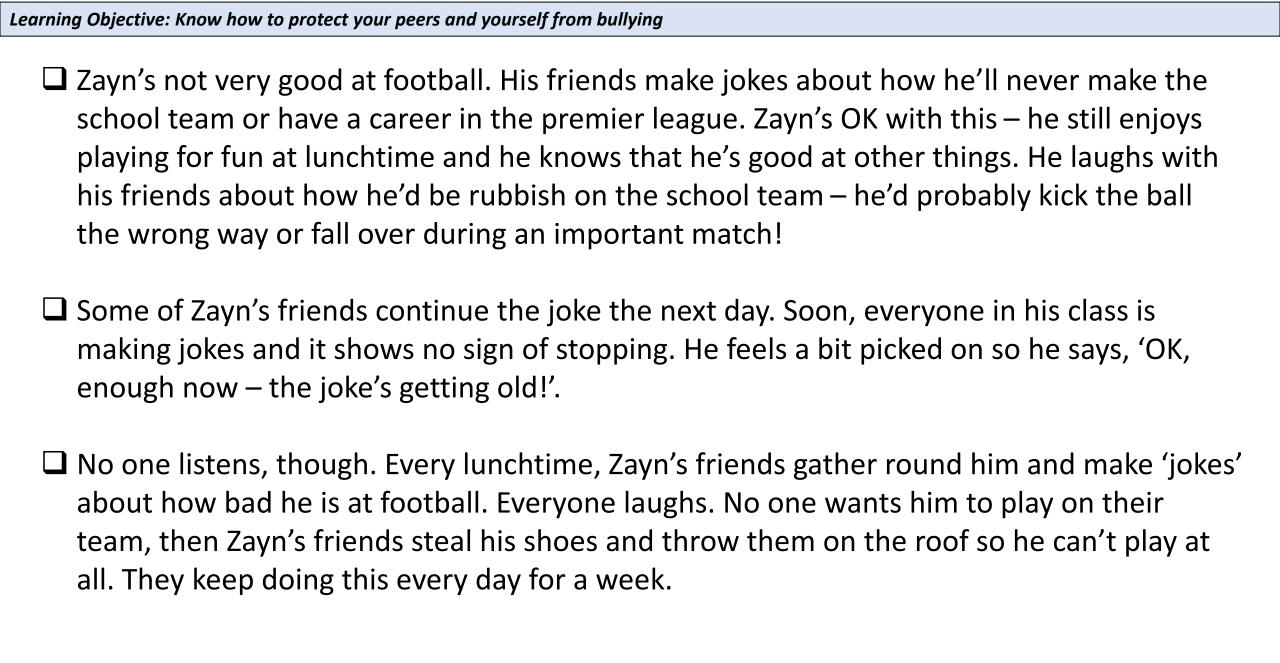
# If someone is my friend, we can banter about whatever we like

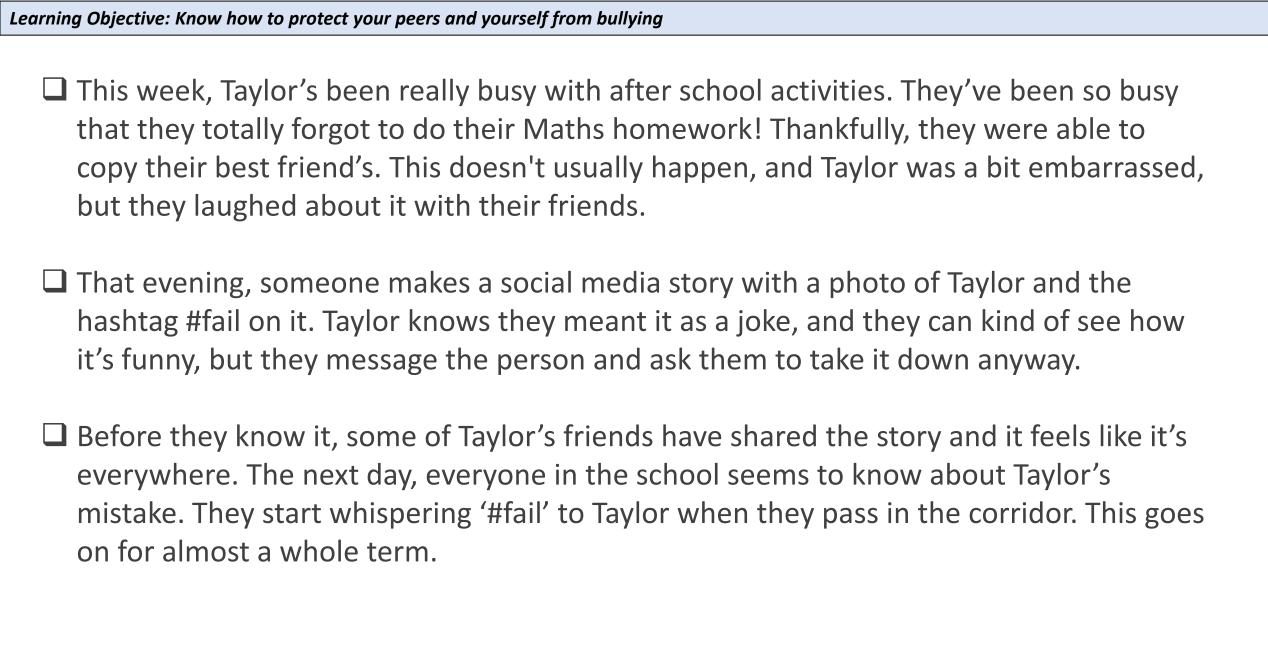
# People should just lighten up and know when to joke

# Saying it's just banter, ending a message with 'lol jkz' makes it ok



Key words: Bullying, banter, verbal, indirect, physical





Learning Objective: Know how to protect your peers and yourself from bullying
Anika's the only girl on the rugby team. Her friends tease her about being 'one of the boys' and being 'obsessed with rugby'. Anika laughs because it's kind of true – she is obsessed with rugby!
One weekend, someone starts a rumour online that Anika is actually a boy. Soon, everyone starts repeating the rumour.
People Anika doesn't know start picking on her, and it makes her thinks about giving up rugby all together.
☐ With the help of her friends, Anika makes a video about women in rugby and the benefits of playing a team sport. Soon, some of the people who were mean to her apologise. The unkind behaviour goes back to being gentle teasing, mainly from her close friends.

Sam confides in a friend about their crush on a classmate. They ask their friend not to tell anyone, but soon everyone knows. People start going 'whooooo' when the classmate walks in. Sam's embarrassed, but they trond to take too much notice and assume the teasing will stop soon.
One day, someone pushes Sam so they fall onto the classmate they have a crush on. The classmate tells everyone that Sam's a 'creep' and everyone laughs.
Later, Sam finds out that they have been removed from a chat group and blocked from their friends' social media. No one talks to them at school anymore.

Learning Objective: Know how to protect your peers and yourself from bullying

Tyrell is super-organised. He creates a chat for everyone going on camp and posts a countdown, as well as reminders about the clothes and equipment everyone needs to pack. Tyrell's friends start calling him 'Captain Control' and even create a funny meme. Tyrell's OK with this – someone has to be in charge, after all, and he knows his friends give each other funny nicknames all the time.
Tyrell keeps posting in the group chat every day. Some of the group start feeling a bit annoyed and change the joke name to 'Captain Control Freak'. Tyrell laughs along, but feels hurt.
After that, every time Tyrell posts a reminder someone responds with a joke about him. Everyone laughs a Tyrell – he's left out of the joke, but he can still see all of the unkind messages.
Tyrell confronts the group, but they say it's 'just banter'. He explains how upset he is, and that he's only trying to help. The group understand the impact they've had, and they all apologise. Tyrell says he'll try his best to stick to one reminder a day. Everyone gets on well in the chat now – people still call Tyrell 'Captain Control' every now and then, but it's just for fun and everyone (including Tyrell) finds it funny.

Learning Objective: Know how to protect your peers and yourself from bullying

Imagine you are no longer a student, you are now a council member of a new town called 'Banterville'.

Nobody in your town seems to understand when something is or isn't banter.

As a result, you are spending all of your time dealing with disagreements.

You decide three rules are needed to help them know if something is banter or not.

It's not banter if...





1.

2

3

Key words: Bullying, banter, verbal, indirect, physical