

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 or Bullying?

**WHEN IS
'BANTER'
ACTUALLY
BULLYING?**

WILSON™

**IT'S NOT
BANTER
IF...**



I
wholeheartedly
agree

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

STUCK UP
EARNING
MINGER
DONT YOU?
PLASTIC



Banter

Bullying

Banter

Bullying

- ❑ Zayn's not very good at football. His friends make jokes about how he'll never make the school team or have a career in the premier league. Zayn's OK with this – he still enjoys playing for fun at lunchtime and he knows that he's good at other things. He laughs with his friends about how he'd be rubbish on the school team – he'd probably kick the ball the wrong way or fall over during an important match!

- ❑ Some of Zayn's friends continue the joke the next day. Soon, everyone in his class is making jokes and it shows no sign of stopping. He feels a bit picked on so he says, 'OK, enough now – the joke's getting old!'

- ❑ No one listens, though. Every lunchtime, Zayn's friends gather round him and make 'jokes' about how bad he is at football. Everyone laughs. No one wants him to play on their team, then Zayn's friends steal his shoes and throw them on the roof so he can't play at all. They keep doing this every day for a week.

- ❑ This week, Taylor's been really busy with after school activities. They've been so busy that they totally forgot to do their Maths homework! Thankfully, they were able to copy their best friend's. This doesn't usually happen, and Taylor was a bit embarrassed, but they laughed about it with their friends.
- ❑ That evening, someone makes a social media story with a photo of Taylor and the hashtag #fail on it. Taylor knows they meant it as a joke, and they can kind of see how it's funny, but they message the person and ask them to take it down anyway.
- ❑ Before they know it, some of Taylor's friends have shared the story and it feels like it's everywhere. The next day, everyone in the school seems to know about Taylor's mistake. They start whispering '#fail' to Taylor when they pass in the corridor. This goes on for almost a whole term.

- ❑ 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 think 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 try not 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.

- ❑ 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 at 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.

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...



It's not banter if...

1.

2.

3.