



FROM THE DIANA AWARD





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WHAT IS BULLYING?

THE DIANA AWARD'S DEFINITION OF BULLYING_

Repeated negative behaviour that is intended to make others feel upset, uncomfortable or unsafe.

AND IT CAN TAKE MANY FORMS..

CAN YOU THINK OF SOME
EXAMPLES FOR EACH?

VERBAL

V

INDIRECT

I

PHYSICAL

P

VIP – Negative behaviours

VERBAL

V

Unkind words directed at someone in person.

INDIRECT

I

Unkind actions that happen behind someone's back/not to their face e.g. online.

PHYSICAL

P

Unkind actions that enter someone's personal space without their permission.

VIP – Positive upstander behaviours

VERBAL

V

Saying something kind to someone.

INDIRECT

I

Using kind actions or words, online or not directly to them.

PHYSICAL

P

Consensual body contact

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Repeated negative behaviour that is intended to make others feel upset, uncomfortable or unsafe.

Scenarios

Sam accuses Peter of stealing his phone and they have a fight in the corridor.

Tania is new and has mild learning difficulties. She receives extra assistance from a staff member during certain lessons. Jack makes a joke about Tania being special that makes her feel embarrassed and she no longer wants to continue receiving support.

A Snapchat group has been created anonymously about Joshua. Students from his college have posted horrible comments on here resulting in Joshua skipping lessons.

Every time Rachel enters the class a group of students make a comment about her appearance and laugh amongst themselves.

Is it repeated?
Is it negative?
Is it intentional?

Scenarios

Sam accuses Peter of stealing his phone and they have a fight in the corridor.

Tania is new and has mild learning difficulties. She receives extra assistance from a staff member during certain lessons. Jack makes a joke about Tania being special that makes her feel embarrassed and she no longer wants to continue receiving support.

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Is it repeated?
Is it negative?
Is it intentional

BANTER_

WE'VE ALL HEARD OF IT,
RIGHT?

BUT, CAN YOU DEFINE IT?

DEFINITION OF BANTER_

Banter is the playful and friendly exchange of teasing remarks.

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

OUR TOP TIPS_

Challenge banter that's crossed the line with humour by being genuine and remaining calm

Screenshot/Report/Block if it's cyberbullying

Offer or signpost support to the target

Speak to a trusted adult

**IT'S OK NOT
TO BE OK**

Feeling upset or need someone to talk to?
The Diana Award Crisis Messenger offers
free, 24/7 text support. Text DA to 85258.

DA|



