

A N T I
B U L L Y
I N G



—[®] Y

FROM THE DIANA AWARD

BANTER

VS

BULLYING



WHAT IS BULLYING?

FROM THE DIANA AWARD

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

THE DIANA AWARD'S DEFINITION OF BULLYING_

**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.

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

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.

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.

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

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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|



