





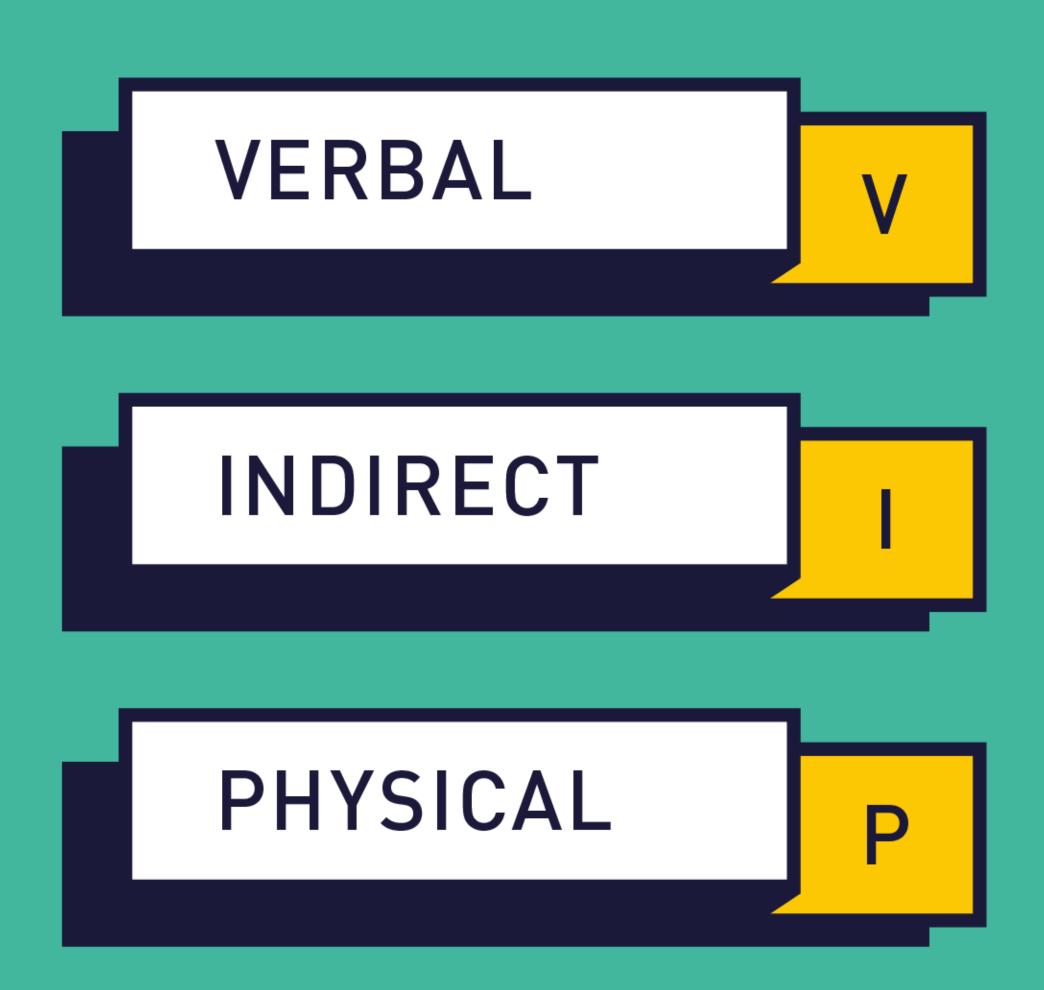
# WHAT IS BULLYING?

### THE DIANA AWARD'S DEFINITION OF BULLYING\_

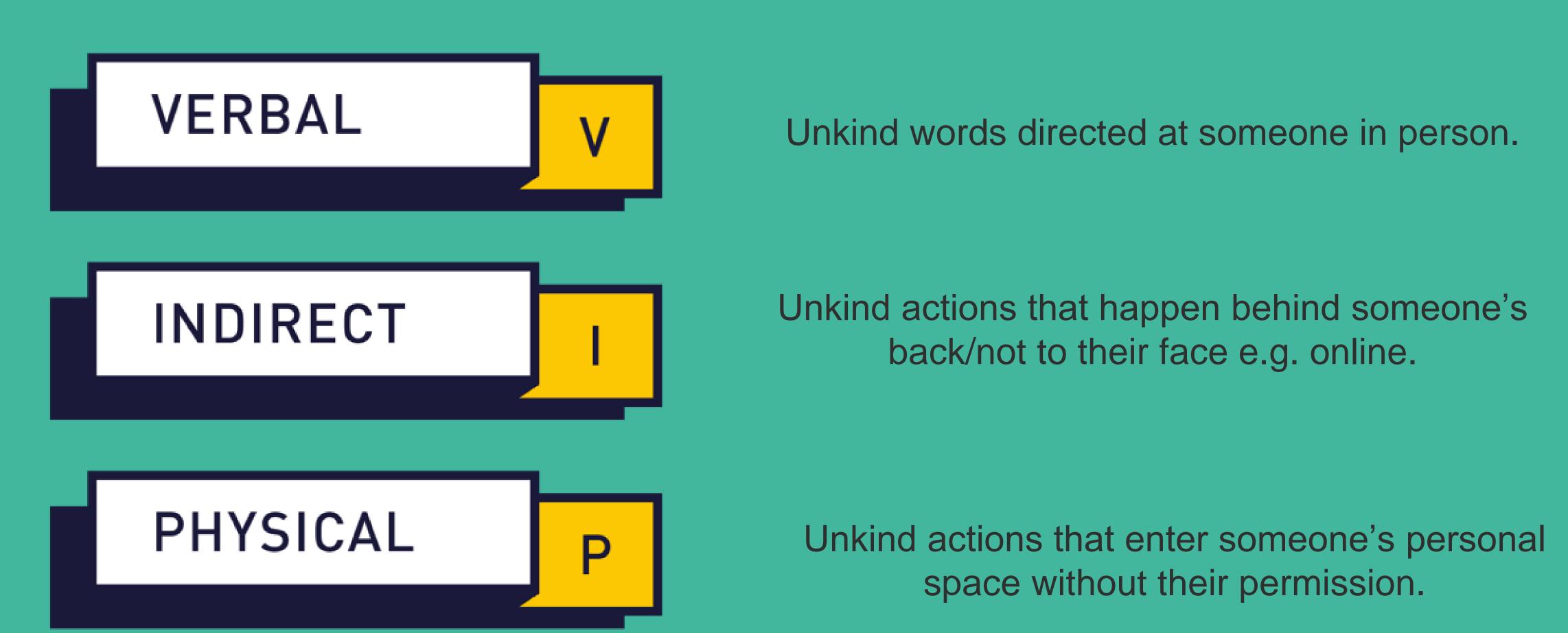
Repeated negative behaviour that is intended to make others feel upset, uncomfortable or unsafe.

#### AND IT CAN TAKE MANY FORMS...

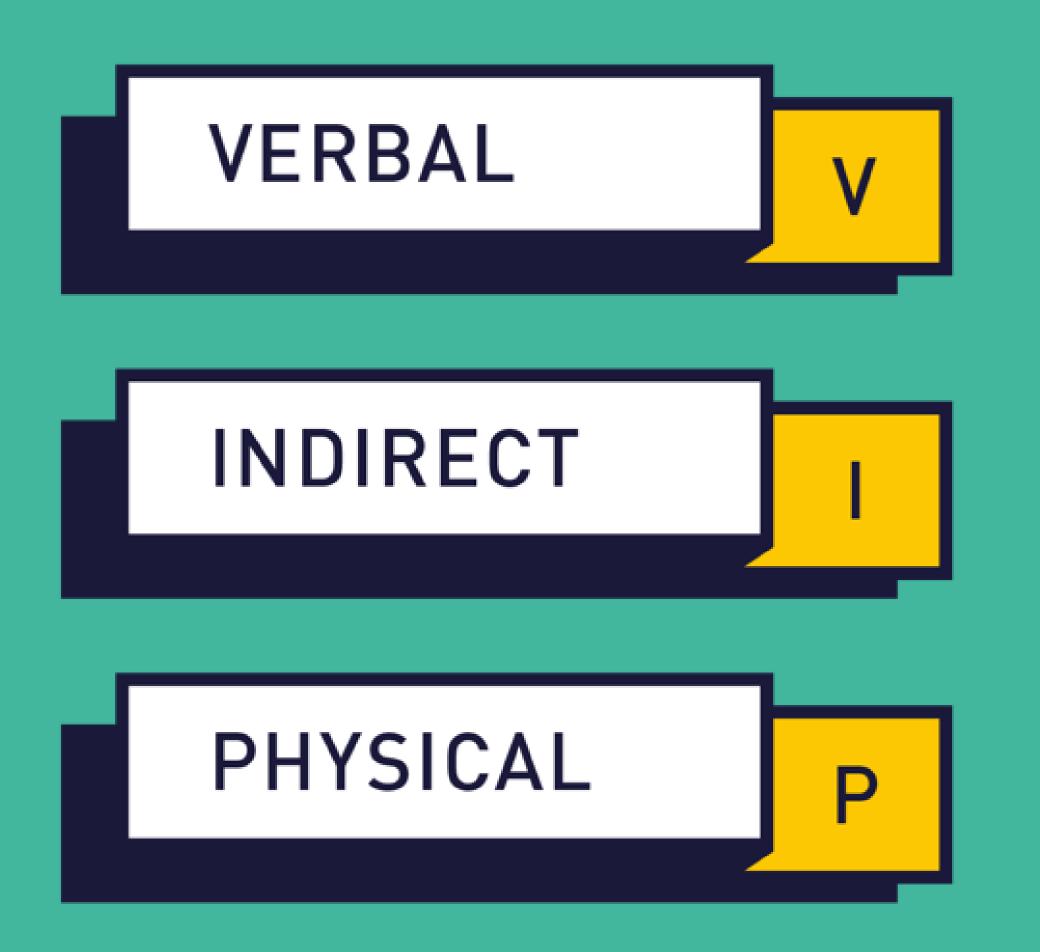
CAN YOU THINK OF SOME EXAMPLES FOR EACH?



## VIP – Negative behaviours



#### VIP – Positive upstander behaviours



Saying something kind to someone.

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

Consensual body contact

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# 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?

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# 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.

# 

Challange 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 OKNOT 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**.





