

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

A dark silhouette of a woman's head in profile, facing right. The words 'ANTI-BULLYING' are written in white, uppercase letters across the silhouette. 'A N T I' is on the top line, 'B U L L Y' is on the middle line, and 'I N G' is on the bottom line. A registered trademark symbol (®) is positioned to the right of the top line of text.

®

FROM THE DIANA AWARD

**BANTER**

**VS**

**BULLYING**

A graphic comparing 'Banter' and 'Bullying'. The words 'BANTER' and 'BULLYING' are written in large, bold, dark blue letters on yellow rectangular backgrounds. These yellow backgrounds are set within a larger, dark blue frame that has a halftone dot pattern. A smaller yellow rectangle with the letters 'VS' in dark blue is positioned between the two main yellow rectangles. The entire graphic is set against a teal background.



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.**

**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

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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

**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.

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|



