



Contextual Safeguarding- Anti-bullying Week Special Edition

Banter OR Bullying

Banter is defined as:
"the playful and friendly exchange of teasing remarks."

! If you make fun of something you know your friend is insecure about, they are unlikely to find it enjoyable.

! People view banter differently. Be cautious - something you may think is funny may be hurtful to someone else.

! Saying "I'm just kidding" at the end of a comment does not stop it from being hurtful.

! Laughing or teasing a person because of their race, identity, sexuality, or disability is not banter.

! If the person on the receiving end of the banter is not joining in, the chances are you have gone too far and need to stop.

! Banter should be fun among friends that everyone can be involved with and enjoy being a part of.

Bullying can take many forms. It can be in-person, online, physical, verbal, emotional, sexual, or indirect.

Bullying is defined as:
"The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power."

! Don't be a bystander. Doing nothing = doing harm.

There are four key elements to the definition of bullying provided by Anti-Bullying Alliance:

- Hurtful
- Repetitive
- A power imbalance
- Intentional

Can you recognise whether you have crossed this line from banter into bullying?



If you see or hear bullying or banter:

- tell an adult, like a teacher;
- tell a friend.

Do not ignore the bullying or the banter. Tell someone and do not be tempted to join in with the bullying or banter.

Things that you can do include:

- saying nice things
- helping others
- asking others to join in if they are by themselves
- not teasing or using unkind words to anyone
- not humiliating anyone
- being kind
- smiling at others
- telling an adult if I see someone being bullied or someone using words to make fun of or joke about other people

Anti-bullying is NOT just for Anti-Bullying Week!



We have to take action all year round to bring an end to bullying.

