

## ANTI-BULLYING WEEK - "BANTER"

### Definition of Bullying

The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face to face or online.

**What is banter?** Banter is the harmless exchange of social interaction between friends which involves teasing or mocking one another, either on a one-to-one basis for more commonly on a friendship group basis.

### When is banter actually bullying?



Think before you speak. Would it be funny if someone said the same thing to you?

Be aware whether someone is clearly not enjoying the 'banter'. If they are not, STOP!

Don't pick on someone's insecurities, that's a low blow.

Don't laugh along if you're not finding it funny.

Saying something is 'just banter' doesn't mean it is.

### THE DIFFERENT WAYS BANTER MAY BECOME BULLYING:

- ! Topic of the banter
- ! The relationship with the person
- ! Where the banter is happening
- ! Whether the banter is repeated
- ! The intent behind the banter
- ! The size of the audience
- ! The reaction of the target
- ! Emoji use

### IT'S NOT BANTER IF:

- 1 You would be upset if someone said it to you.
- 2 It's hurtful.
- 3 You're not friends.
- 4 Someone has asked you to stop.
- 5 The target isn't laughing.
- 6 It focusses on someone's insecurities.

YOUR TUTOR

A WELLBEING AMBASSADOR

THE STUDENT WELFARE TEAM

WHO CAN YOU SPEAK TO IN SCHOOL?