



# Banter and Bullying

## 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** or more commonly on a **friendship group basis**.

## WHAT IS 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.

”

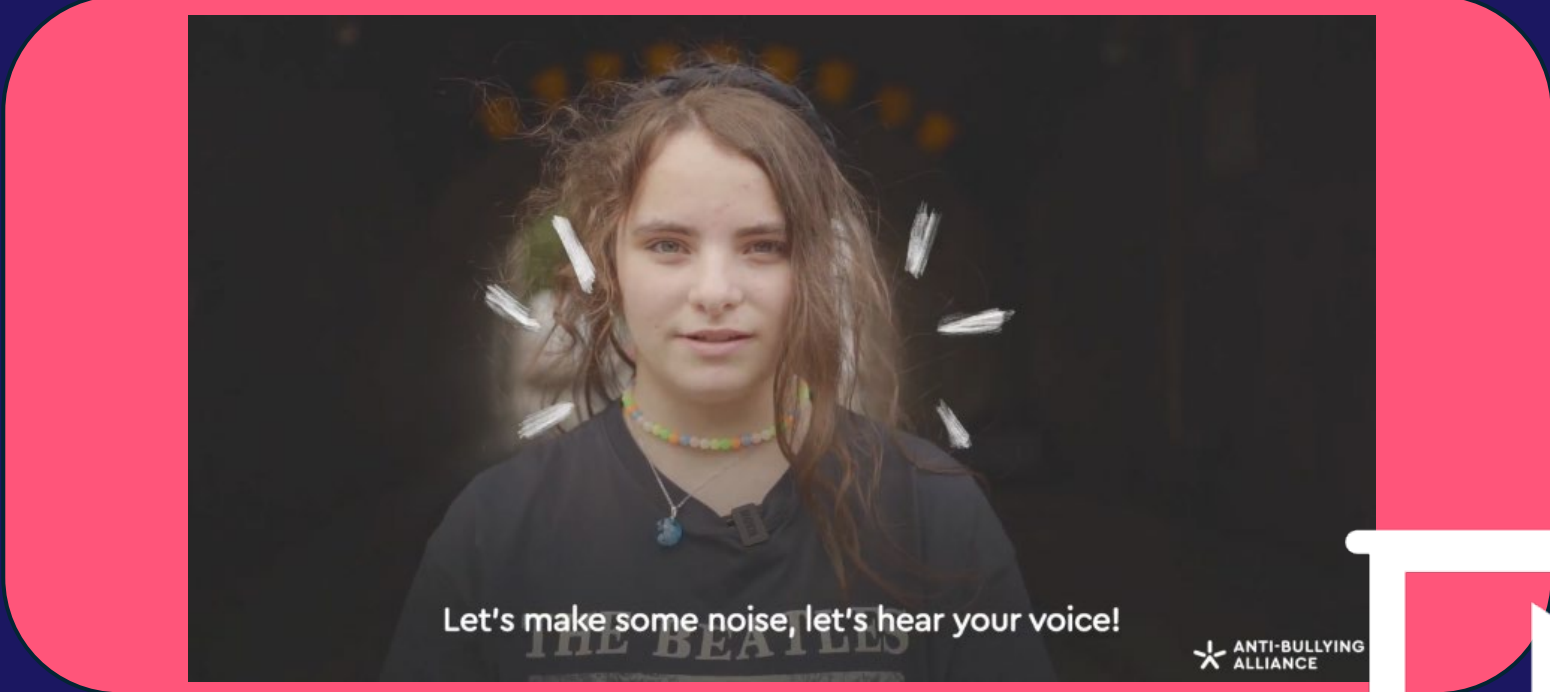
## WHAT IS THE IMPACT?



## Sometimes, we do not know we are bullying...

- “They know I’m joking”
- “We mates, we do it all of the time”
- “They say it to me”
- “Snitch..”
- “Shut up or I’ll...”
- “You had better not tell anyone”
- Physical actions to others
- Dirty looks





<https://youtu.be/0vWCg2EIEYY>



“

Just because it is, does  
not mean that it has to  
be...

”

## It costs nothing to be nice

- You look great today
- You have a great laugh
- I like the way you look at life
- I like the way you are
- I am proud of you
- You are really helpful
- I really like your hair today (Mr Wilcox's favourite)
- Thank you!
- Or even, just a smile :)

**Be kind  
whenever possible.  
It is always possible.**

—THE 14TH DALAI LAMA



# What can you do now?

**Let's stop bullying!**



## **Speak up**

If you see something, say something! Say it's not ok, say stop! As mentioned in the video, it can simply be asking questions.



## **Be supportive**

When you see someone being bullied, let them know they aren't alone. Ask if they're ok, ask if they'd like your help with dealing with it, or simply say hi!



## **Tell a trusted adult**

It's always important to let an adult know what's going on. Tell them what you've seen or heard. They're here to help!

To what extent is this true of  
your experience of school?

*I can speak to an adult at school if  
I am worried about something*

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*I know who I can speak to. How can't I? We're reminded quite often. Keeps it fresh in the head. I know who I can talk to.*

*I feel like I can talk to many teachers and don't see any areas that need improving. I feel safe around teachers.*

*Yes, because that's basically their job and why they're here.*

*I have loads of staff I can talk to.*

# Some common themes in student responses

I don't have any worries and don't need to speak to anyone about anything

I just keep things to myself and don't need to speak to anyone about my worries

I don't want to speak to adults about things because they just tell parents what you've said

I don't know how or where to find someone to speak to even though I do feel I could speak to someone

I would rather talk to my parents or family members

When can I speak to someone? – not allowed during lessons or in the building at lunchtime/breaktime

Teachers share information with each other and gossip

I want to be able to share my worries without things escalating

When I report things, the bully/perpetrator is spoken to but this may/does make things worse.

# What we will do:

- Talk to you about how you want to approach the situation when you report something – how you would like the situation handled
- Make sure there is a system in place for reporting issues, including break and lunchtime.
- Check in with you regularly when you report something, so you know how something has been followed up.