

Bullying vs Banter

**ONE
KIND
WORD**

#ANTIBULLYINGWEEK



The Anti-Bullying Alliance coordinate Anti-Bullying Week each year in England and Wales. You can find further free resources for Anti-Bullying Week on their website. ABA also have free anti-bullying resources available for schools:

- [CPD anti-bullying online training courses](#)
- Become a United Against Bullying School and enroll on ABA's free whole-school [anti-bullying programme](#) today

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Being bullied is not nice. It makes people feel sad and can hurt their feelings.



I will try to be kind to other people in my school and think of the words I say to someone before I say them. This will make my teachers feel proud.



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Bullying

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Bullying is hurting someone else on purpose. Bullying can be physical or verbal. Physical bullying includes pushing, hitting, kicking or pinching someone. Verbal bullying includes calling someone names or saying nasty things.

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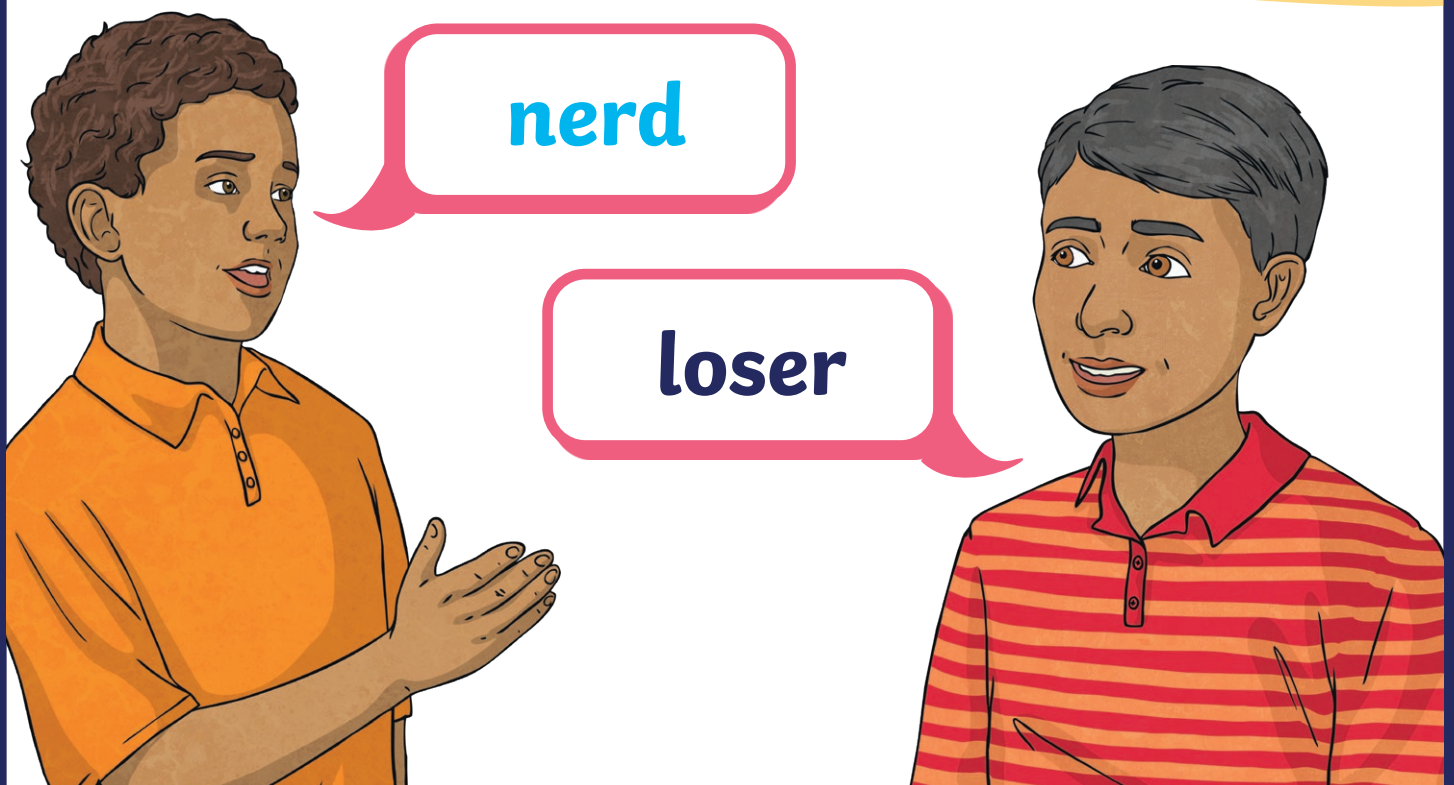
Banter

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#ANTIBULLYINGWEEK

Banter is using words, jokes or teasing remarks against others to make people laugh. Banter can seem harmless and without any intention to hurt anyone.

However, it can quickly turn into bullying. It can often be taken the wrong way or words that once started as a joke or were funny at first may not be funny to that person any more. This is often done in public to humiliate people.



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Banter can also be unkind and can turn into bullying. This also makes people feel sad and hurt their feelings. I will think carefully of the words I am using which could hurt someone.



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If I see or hear bullying or banter, I can:

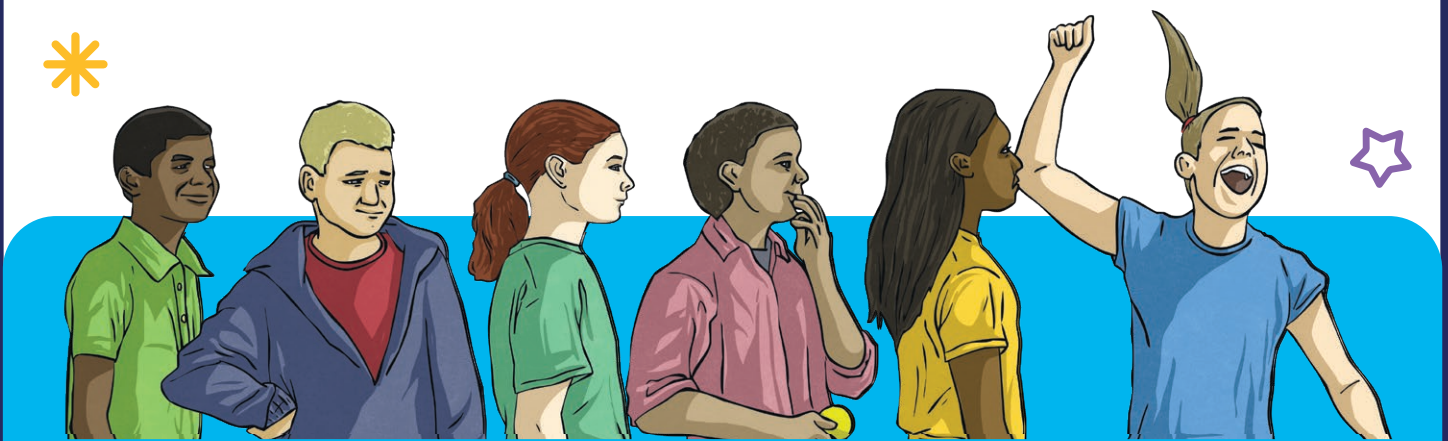


- tell an adult, like a teacher;
- tell a friend.

I will not ignore the bullying or the banter. I will tell someone and I will not join in with the bullying or banter.

Things that I 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



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