



GET INVOLVED



30 MINUTES



READY TO GO

BANTER OR BULLYING?



▶▶ GETTING INTO THE ACTIVITY

“It’s just banter” ... but is it? When does ‘banter’ turn into bullying?

Having a laugh with your mates and sharing jokes about each other can often be referred to as banter. Banter is seen as good-humoured and usually harmless. Bullying isn’t.

Download the ‘Banter or Bullying’ activity sheet and go through the different questions and scenarios. These explore the definitions of banter and bullying, examples and differences between the two, and then putting those definitions into practice as you look at different situations you might find yourself in.

Finally watch the Anti-bullying Alliance’s video called ‘It’s not banter if..’ (<https://youtu.be/wbM5WowgqyE>). This gives clear advice on knowing when you’ve crossed the line. If the group weren’t sure on some of the earlier scenarios, revisit them now with these tips. As a group have you changed your mind on what was banter and what was bullying?

For more support on banter and bullying, visit organisations such as the Anti-Bullying Alliance or NSPCC.

☑☑ WHAT YOU’LL NEED

- Banter or Bullying? Activity Sheet
- YouTube
- Device to Play Video

! KEEPING EVERYONE SAFE

Maintain social distancing as required. Please be aware that for some, the topic of bullying may be sensitive. Be considerate with the discussions and be prepared to adjust the activity should someone get upset.

BANTER OR BULLYING?

Discussion Questions

- Q. As a group come up with a definition for 'banter' and provide some examples.
- Q. Come up with a definition of bullying and provide some examples
- Q. What are the differences between the definitions of bullying and banter?
- Q. How might you know if you've crossed the line between banter and bullying?

Dictionary Definitions

Banter Definition: The playful and friendly exchange of teasing remarks.

Bullying Definition: Behaviour that is repeated intentionally, intended to hurt someone either physically or emotionally and often aimed at certain groups.

Banter or Bullying Scenarios

Go through the below scenarios and individually decide if you think it is banter or bullying. This could be done by standing at one end of the room or the other (face to face) or thumbs up and down (virtual). After everyone has made a decision, have a discussion and debate between the group. Draw out different people's viewpoints and try to come to a group decision if you can .

1. Calling your ginger mate 'ginge'.
2. Referring to someone as 'Charity Sam' because all their clothes come from the charity shop.
3. James got full marks in his exam so you call him 'teacher's pet' and 'geek boy' for the rest of the day.
4. Jess supports Manchester United and last night they got knocked out of the FA cup by Liverpool. You spend the whole day singing 'You'll never walk alone' and other Liverpool songs/chants at her.
5. Calling someone 'Pizza Face' because they have bad acne.
6. Your friend comes to school with a new haircut. You ask who cut it, a blind barber or his guide dog?

Often how we say things and the context in which they are said are important. This means some of the above scenarios are quite difficult to define as banter or bullying, just based on the text above. Either way words are very powerful and we should all be careful about how we use them. How can we use our words to build people up rather than knock people down?

It's not Banter if...

Finally watch the Anti-Bullying Alliance's video called 'It's not banter if...' (<https://youtu.be/wbM5WowgqyE>). This should build on some of the earlier discussions and help explain that not everything can be brushed off as 'just banter'. 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's asked you to stop.
5. The 'target' isn't laughing.
6. It focuses on someone's insecurities.