

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.

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

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

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

- Hurtful
- Repetitive
- A power imbalance
- Intentional

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.

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