

ANTI-BULLYING WEEK 2023

MAKE A
NOISE

ABOUT
BULLYING

 ANTI-BULLYING
ALLIANCE



Anti-Bullying Week 2023

Make A Noise About Bullying

Too often, we are silent when we see bullying take place, silent about the hurt bullying causes, and silent when we hear bullying dismissed as ‘just banter’.


Together, we can make a difference and take a stand against bullying.

From the playground to Parliament, and from our phones to our homes, let’s make a noise about bullying.

It doesn't have to be this way.

Of course, we won’t like everyone, and we don’t always agree, but we can choose respect and unity.

This Anti-Bullying Week let’s come together to have discussions about what bullying means to us, how banter can turn into something more hurtful, and what we can do to stop bullying.





<https://youtu.be/VkU2xYJKQq4>



BE LIKE JO-JO



<https://youtu.be/mur1iXhfJ5E>



WHAT IS BANTER?

“
The playful and friendly exchange of teasing remarks.
”

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.

Banter with friends can...

- **Make you feel closer to each other**
- **Show acceptance in a friend group**
- **Be a light-hearted and fun way to pass time**
- **Show you trust each other**

When banter becomes bullying...

- **Topic**
- **Relationship**
- **Where it happens**
- **Repeated**
- **Intention**
- **Reaction**



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“

Unless someone like you cares a whole awful lot, nothing is going to get better. It's not.

”

The Lorax
Dr. Seuss



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let's make a noise about bullying.

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**Monday 13th to
Friday 17th November**
#AntiBullyingWeek
#MakeANoise

