

BANTER

VS. BULLYING

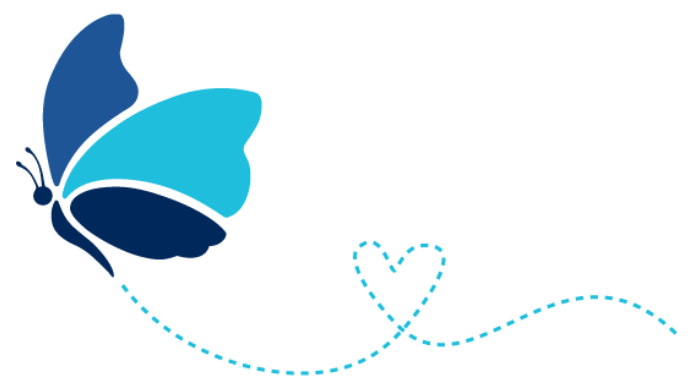
WHAT'S THE

DIFFERENCE?

[Learn more](#)



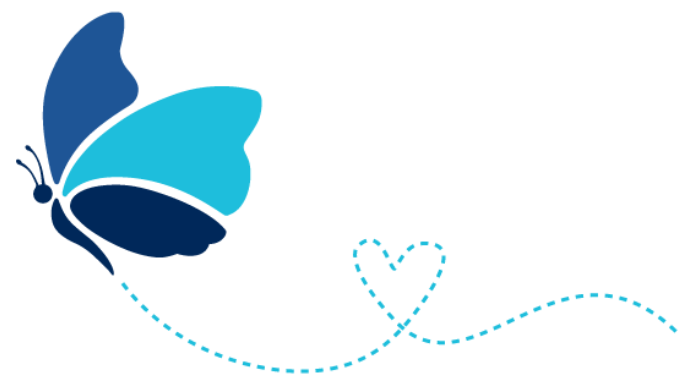
WHAT IS BANTER?



- ✓ Friendly & mutual
- ✓ Makes everyone laugh
- ✓ Stops if someone feels uncomfortable
- ✓ It feels safe & no one is singled out



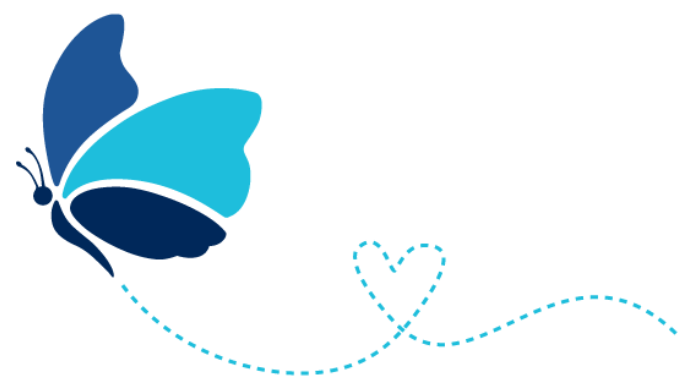
WHAT IS BULLYING?



- ✘ Repeated & targeted
- ✘ Meant to hurt, embarrass or exclude
- ✘ Often one-sided (power imbalance)
- ✘ It doesn't feel like a joke & continues when someone is upset



A SIMPLE WAY TO TELL



If it hurts, excludes or continues, it's not banter, it's bullying. Ask yourself:



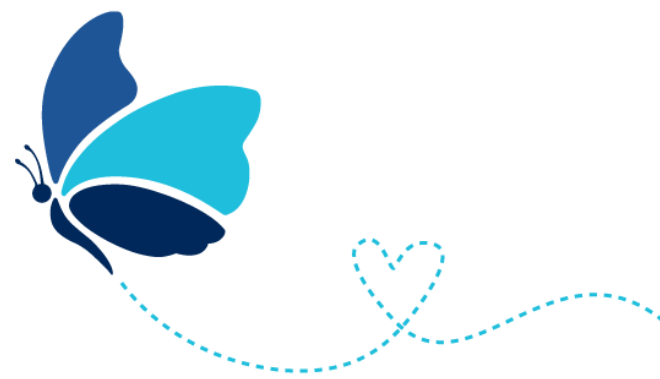
Is everyone laughing?



How does the person feel?



Would it stop if someone asked?



WHAT YOU CAN DO

If something doesn't feel right:

- **Check in:** "Are you okay?"
- **Speak up** if it's safe to



You are **not alone**

Call **13 DOLLY (13 36 55)**

Dolly's Dream Bullying Support Line