UNDERSTAND IT

Key terms about bullying

Banter	Joking that everyone enjoys. It becomes bullying when it hurts, is one-sided or carries on after someone asks you to stop.
Bystander	Someone who sees bullying happen. What they do next matters: they can ignore it, join in or help.
Upstander	Someone who safely steps in, supports the person being targeted or tells a trusted adult.
Prejudice-based bullying	Bullying aimed at part of someone's identity, such as race, religion, disability, sexual orientation or gender identity.
Imbalance of power	When one person or group has more strength, status or support, so the other cannot easily stop the behaviour.
Cyberbullying	Bullying through phones, games and social media. Keep evidence, block, report and tell someone you trust.