

Banter or Bullying? - Top Tips on Verbal Abuse

Banter can be fun and engaging. Bullying is not. Trust your feelings about whether something is bullying or not. If verbal abuse or teasing is making you miserable, unsafe or hurt and it is happening on a regular basis –plus the person doing it knows you are upset and keeps on doing it – this is probably bullying. So what to do about it?

1. You don't have to face it alone. Talk to your friends, family, a trusted teacher. If you can't do that or are getting nowhere you can always talk confidentially and free to Childline on 0800 1111 or see some [great websites](#)
2. You need to be able to think clearly under pressure – taking deep breaths will help you be able to think your way out of a situation (you could even [ask MAX to give a free demonstration](#) at your school)
3. Be the mature one and adopt an adult state, - using an even voice tone, not looking aggressive, not looking meek (see the [MAX website for video](#) examples) physiology, language.

Because you are still using your brain you can listen and think through a verbal response that will not inflame the situation.

4. Don't raise the stakes by being aggressive back. If you aren't responding to any abuse you can stay in control of your actions and not get drawn into something else. It will make the situation worse. [Learn an assertive stance](#)
5. You don't have to stand and take it. [The best tip](#) you will ever hear in self defence is "be somewhere else".
6. Keep Verbal Responses Simple: **don't inflame the situation** 1 or 2 syllable e.g.s:

STAY BACK!

BACK AWAY!

GO AWAY!

Not Interested Mate

LEAVE ME ALONE (Ask us to deliver a free seminar at your school/college where we demonstrate and you practice)

If you can think (see above) you can [even get people to help](#) (strangers will help you if you direct them) "These people are threatening me can you call the police please!"

Much more on www.maxconflictmanagement.com. Ask us to come to your school to give our [free seminar](#) – received well up and down the country at public and private, primary and secondary schools as well as Attendance Centres, PRUs, scouts and clubs.

For more see www.maxconflictmanagement.com

