

Bullying

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Definition of bullying

The UK currently has no official definition of bullying but it is generally thought of as the repeated use or individual occurrence of threat, force or intimidation, to abuse, shame or aggressively dominate others. Generally bullying will fit into the following types of behaviour:

- Emotional (destroying peer acceptance, self-esteem and friendships)
- Verbal (name-calling or taunting)
- Physical (hitting, punching, or kicking)
- Cyber (using electronic means to harm others)

Rationalisation for such behaviour sometimes include differences of social class, race, religion, gender, sexual orientation, appearance, behaviour, body language, personality, reputation, lineage, strength, size or ability. However, whatever the reason, bullying is generally about difference and an imbalance in power.

Bullying can have a huge detrimental effect on a person as it is meant to be intimidating and frightening. There have been studies that say bullying can lead to increased cases of anxiety and depression, many victims report feeling sad and lonely, whilst also suffering an effect on their confidence, self-esteem, sleeping and eating patterns.

Bullying or banter?

Sometimes the lines between bullying and banter can be confused. Generally the definition of banter is 'the playful and friendly exchange of teasing remarks', whereas the definition of bullying is, 'to use superior strength or influence to intimidate someone, typically to force him or her to do what one wants'. Banter should not make anyone feel upset or hurt, bullying always does.

Further help

Loughborough University: [University regulations and behaviour.](#)

The Guardian: [Bullying and your rights.](#)

[Anti-Bullying Network.](#)

Bullying UK: [Bullying at university.](#)

[Student Wellbeing and Inclusivity team:](#) 01509 228338

studentwellbeing@lboro.ac.uk

To book an appointment with any of our services within Student Wellbeing and Inclusivity (including the Counselling Team, Mental Health Support Team and the Wellbeing Advisers), please complete [the referral form](#).