



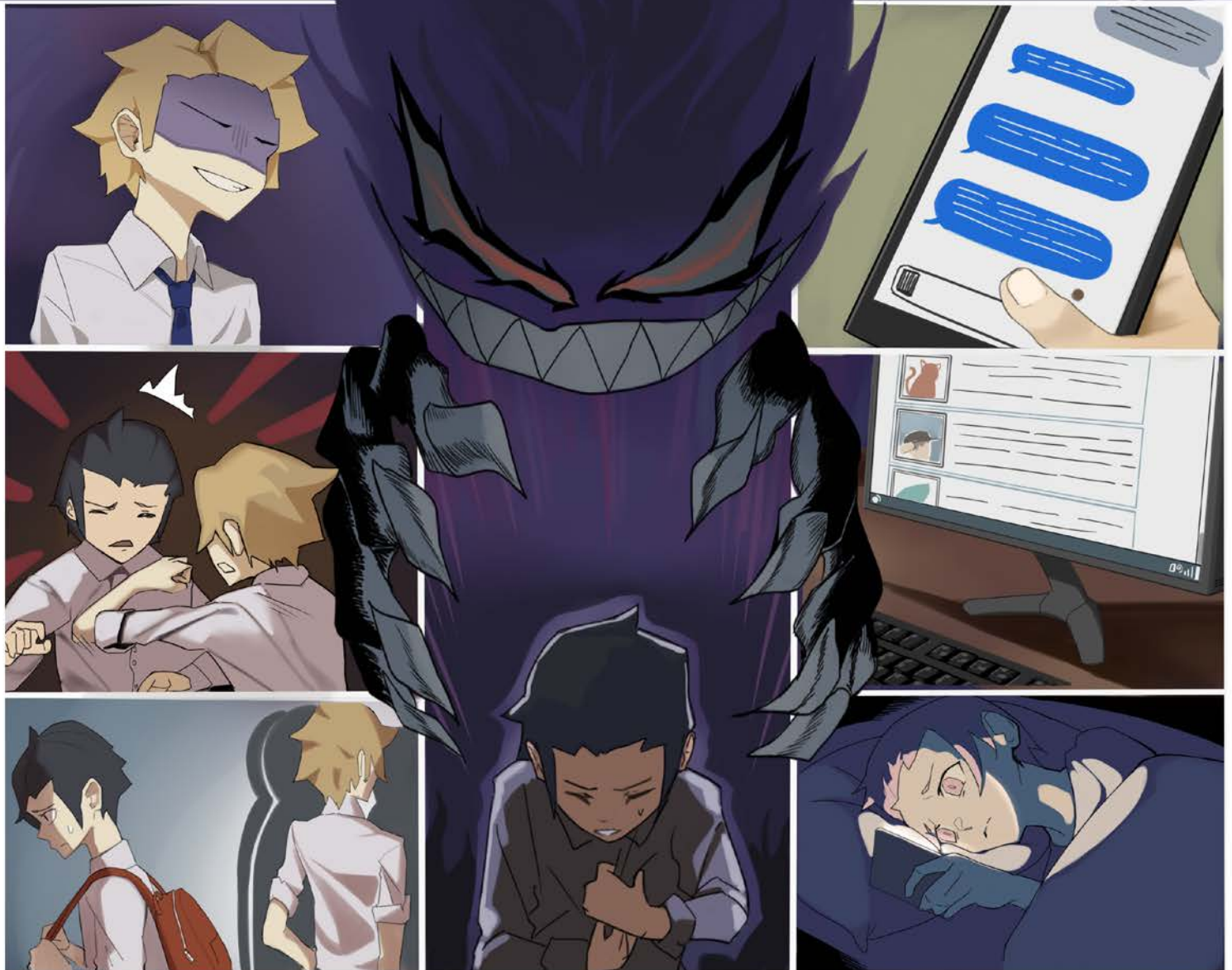
BULLYING & CYBER BULLYING

WHAT IS BULLYING?

Bullying is intentional and repeated negative behaviour directed towards another person by one or more people over time.

CYBER BULLYING?

Cyber Bullying is when someone sends mean, harmful or upsetting messages, comments, pictures or videos to another person or about that person online.



BULLYING IS NEVER OK

*It is not your fault. There is nothing wrong with you.
We are all individuals and you don't need to change who you are.
It is the result of someone else's behaviour, attitude or beliefs.*

*It's not a part of
"growing up"*



*It is not helpful to
tell someone to
"cheer up or get over it"*



*It can be harmful
to your mental health*



WHO IS THERE FOR YOU

Don't be afraid to let someone know that you are being bullied as soon as it starts happening. Not saying something can make it hard for you to handle the problem on your own and can lead to more serious mental health issues in the future.



Your friends



Your Teachers



Local authority

IF YOU SEE SOMEONE BEING BULLIED

By standing by and doing nothing, laughing at someone being bullied, or by liking nasty photos, comments or posts online, you can accidentally be supporting the bully and their behaviour. If you feel comfortable, when you see bullying behaviour help support the person being bullied by taking action, calling the behaviour wrong and report it to a trusted adult



Direct intervention



Tell a teacher



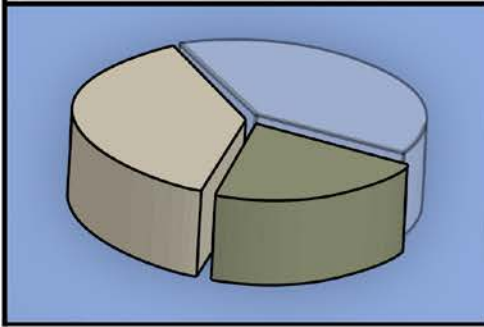
Be a freind

IF YOU ARE BEING BULLIED

It is not your fault. Ever

46.8% School students have been bullied. 25% of young people have been the target of bullying online.

It's okay to feel and be different. We are all individuals and should celebrate our own identity



You are not alone!! If you are having a tough time, please reach out. we are only one click or phone call away from supporting you

Tell your parents, carers, a family member, a grandparent, teacher, friend or someone else who you trust. Ask them to help you work out what to do. They can help you. Tell a teacher, it doesn't matter where it happens – in school, out of school or online.

Tell the other person "I don't like that". Use a strong and confident voice. Even if you don't feel strong and confident!!



If possible, ignore the person bullying you. They are looking for a reaction



Try not to get back or take revenge on the person who is bullying you



Try not to respond and argue with a bully. Keep any messages, posts and pictures as evidence of their behaviour



Hang around people who make you feel good about yourself.



Block the number and report it!



SIGNS OF BULLYING

"Although bullying is not rare, it is important to acknowledge that some conflicts between children are to be expected. Single episodes of rejection, nastiness, random acts of intimidation, hostility, or mutual disagreements are not considered bullying.

There are, however, some clear signs to recognise if someone is being bullied; mood swings, becoming withdrawn, frequent tears, bursts of anger, unexplained bruises, cuts, scratches, missing or damaged belongings. Other signs could include avoidance of school, fall in academic results, becoming upset after going online, hiding the computer screen and hiding mobile phones when around other people.

What to do if you suspect your child is the victim of bullying behaviour

1. **Listen calmly** to what your child wants to say
2. **Reassure them** that they are not to blame and ask open and empathetic questions to find out more
3. **Ask** your child what they want to do next and what they would like you to do
4. **Discuss strategies** to help your child handle the bullying
5. **Contact the school** (if the behaviour occurred there) and stay in touch with them
6. Make sure to **check in regularly** and remind them that resources like the **Kids Help Line** are available when they need them." (<https://www.lifeeducation.org.au/parents/how-to-recognisebullying-and-do-something-about-it>)

IF YOUR CHILD IS BEING BULLIED:

- Stay calm and positive
- Discuss and practice strategies for face to face bullying
 - ▲ saying 'No' firmly but calmly
 - ▲ standing and walking in a way that appears more confident
 - ▲ giving a quick reply to surprise or disarm the other child
- Do not advise your child to fight with the other child

Cyber Bullying:

- Do not respond to the message or image
- Save the evidence
- Block or delete the sender
- Report the situation to the internet service provider or phone service provider
- Tell other people – teacher or report to police if necessary

Always report the bullying to the school

<https://bullyingnoway.gov.au/RespondingToBullying/>
How Australian Schools Respond

SUPPORT CONTACT & RESOURCE LIST:

INFORMATION AND RESOURCES

Queensland Police (Emergency): 000
Policelink (Non-emergency): 131 444
Queensland Government: www.qld.gov.au/stopcyberbullying
Bullying No Way!: www.bullyingnoway.gov.au
Life Education: www.lifeeducation.org.au/bullying
CYPRESS: www.cypress.org.au
eSafety Commissioner: www.esafety.gov.au/young-people
Thinkuknow: www.thinkuknow.org.au
Cybersmart: www.cybersmart.gov.au

SUPPORT AND COUNSELLING

headspace: www.headspace.com
ehedspace: <https://www.eheadspace.org.au/>
Kids Help line: 1800 55 1800
Kids Help line (online): www.kidshelpline.com.au
Life Line: 13 11 14
Lifeline (online): www.lifeline.org.au
Beyond Blue: www.beyondblue.org.au

This initiative is funded by the Department of Child Safety, Youth and Women, and supported by headspace Southport and Queensland Police Service.

