

# Bullying

## What is bullying?

Bullying is when a person, or a group of people, do or say things to have power over another person. Bullying can include hurting someone physically; using cruel words or name calling; spreading gossip or rumours about someone; and sending hurtful messages or images through text or social media.

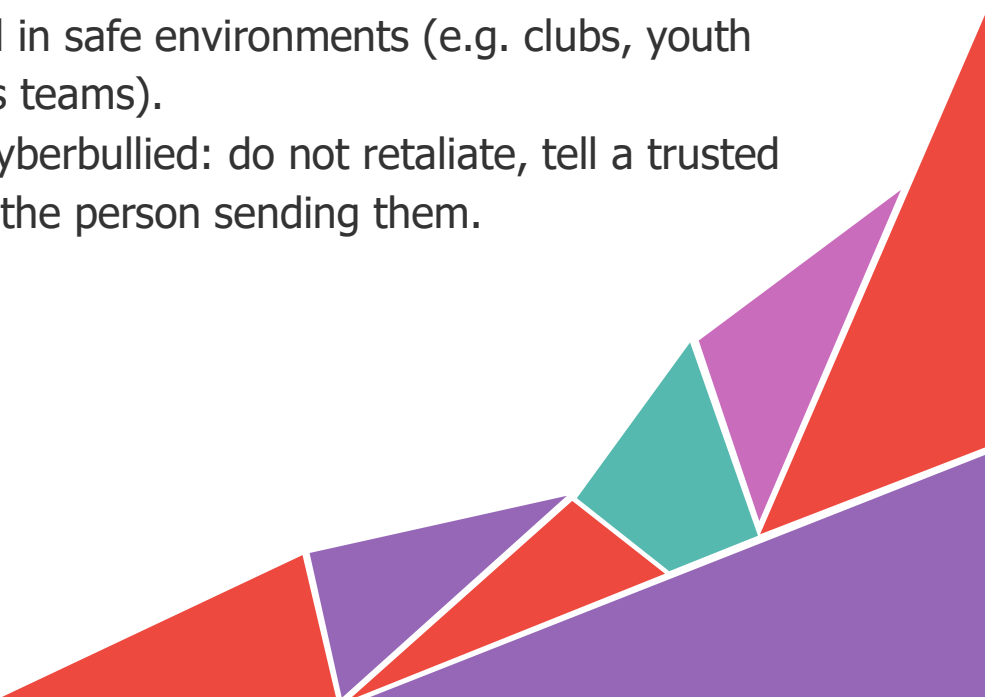
## What might you be bullied about?

- Looks (example: hair, clothes, skin, breast size)
- Popularity and sociability
- Family and home-life
- Being awkward or a 'clutz'
- Having a speech impairment
- Having difficulty with learning the same way as others
- Not having good social or emotional skills
- Mental health issues
- Sexuality (being lesbian, bisexual or transgender)
- Race, culture or religion

## Why do people bully?

- They do not realise how much their words are hurting others.
- A person may bully to look 'cool' and avoid being bullied by their "friends".
- Sometimes, a bully is having trouble at home and needs a way to express their emotions. Unfortunately, they have chosen a bad way that does not help them and hurts the person being bullied as well.

## What to do if you're being bullied?

- Even if you don't think it will help, tell someone! Talk to a trusted adult, like a parent or a teacher.
  - Bullies love getting a reaction, so practice acting uninterested. When they try to get you upset or exclude you, just pretend to be fine. Only respond to hurtful or mocking statements with short sentences like "whatever" or "yep, ok".
  - Look for other friendship groups, either in school or outside of school in safe environments (e.g. clubs, youth groups, or sports teams).
  - If you're being cyberbullied: do not retaliate, tell a trusted adult, and block the person sending them.
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# If you or a friend are being bullied, get HELP or SUPPORT

## **Kids Helpline**

If you need to talk about anything, you can call, email, or have an online chat with Kids Helpline. Visit [www.kidshelpline.com.au](http://www.kidshelpline.com.au) or free call 1800 55 1800

## **eHeadspace**

Online chat or email support services for young people aged 12–25. Visit [www.eheadspace.org.au](http://www.eheadspace.org.au) or free call on 1800 650 890

## **Bullying. No Way!**

Provides information and ideas about understanding, responding to bullies. Visit [bullyingnoway.gov.au](http://bullyingnoway.gov.au)

