BULLYING

WHAT ARE THE SIGNS OF BULLYING?
Signs that could indicate a child is being bullied include:
- Disliking or avoiding going to school or participating in school activities
- Lack of friends
- Missing belongings
- Torn clothing
- Increased fearfulness and anxiety, mood swings and crying
- Decline in academic performance
- Poorer physical health and changes in sleep habits
- Increased negative self-perception.

WHAT SHOULD I DO IF MY CHILD IS BEING BULLIED?
If you think your child is being bullied, the most important thing to do is to talk to them about it so your child feels safe and supported. When talking to them, the Bullying No.Way! website suggests you try the following:
- Stay calm and let them know you’re pleased that they have told you
- Listen to the whole story and let them know that you believe them
- Explain that it’s not their fault and that it’s never okay to be bullied
- Ask them what they want you to do
- Let them know that you are there to help them if they wish to talk through or practice ways to respond to bullying
- Contact the school to make sure teachers know about the situation and to find out if anything is being done to address it

WHERE ELSE CAN I GO FOR HELP AND ADVICE?
- Kids Helpline: 1800 55 1800
  www.kidshelp.com.au
- Lifeline: 131 114
  www.lifeline.org.au
- Youth Beyond Blue:
  www.youthbeyondblue.com
- Reach Out! http://au.reachout.com
- Inspire Foundation:
  www.inspire.org.au
- Headspace: www.headspace.org.au
- Raising Children Network:
  www.raisingchildren.net.au
- Alannah and Madeline Foundation:
  www.amf.org.au

WHAT IS BULLYING?
Bullying is repeated verbal, physical, social or psychological behaviour that is harmful and involves the misuse of power by an individual or group towards one or more people. It can have long-term effects on those involved.

All young people should be able to learn and develop in safe, supportive and respectful environments. We all have a responsibility to make sure that our young people feel safe and are safe. Bullying can happen to anyone, anywhere and at any time. The good news is that there’s lots of help available.

What parents can do

www.bullyingnoway.gov.au
Identifying bullying can sometimes be difficult. Bullying is often conducted out of sight from teachers and children may be reluctant to report it.

The Bullying.No Way! website provides a range of information and resources for parents, teachers and students on identifying and managing bullying. For more information visit www.bullyingnoway.gov.au.

Cyberbullying refers to bullying through information and communication technologies. Children who are cyberbullied are also likely to be bullied face to face.

Cyberbullying can include:
- sending abusive texts or emails
- posting unkind messages or inappropriate images on social networking sites
- imitating others online
- excluding others online

Cyberbullying is one potential cybersafety issue for children when they use computers and mobile devices. As a parent, you play an important role in helping your children have safe and positive experiences online. Be aware of how children and young people use the internet, the cybersafety issues they face and strategies to manage the risks.

WHERE CAN I FIND INFORMATION ABOUT BULLYING?
- The National Safe Schools Framework provides all Australian schools with ways to assist them take a proactive whole-school approach to develop student safety and wellbeing policies. For more information visit www.safeschools.deewr.gov.au.
- The National Day of Action Against Bullying and Violence is held in March and aims to encourage school communities to take a stand and recognise the role everyone plays in preventing bullying and violence. For more information visit www.bullyingnoway.gov.au.
- The Bullying.No Way! website provides information for parents and schools on tackling bullying. For more information visit www.bullyingnoway.gov.au and go to parents portal.
- The Cybersafety Help Button is a free desktop application that provides cybersafety advice and information to internet users, particularly children and young people. It offers counselling, reporting and education resources to assist young people to deal with online risks, including cyberbullying and inappropriate contact or material. For more information visit www.dbcde.gov.au/helpbutton.
- The Easy Guide to Socialising Online provides cybersafety information for a number of social networking sites, search engines and online games including how to report cyberbullying and how to adjust privacy settings for young people. For more information visit www.dbcde.gov.au/easyguide.
- The Cybersmart website developed by the Australian Communications and Media Authority also has useful information for parents on cybersafety. Visit www.cybersmart.gov.au/Parents.aspx.
- ThinkUKnow Australia is a partnership between the Australian Federal Police (AFP), Microsoft Australia and ninemsn and aims to raise awareness of how young people are using technology, and how to help keep them safe online. ThinkUKnow sessions are hosted at schools. For more information visit www.thinkuknow.org.au.
- The Line campaign aims to increase the knowledge of young people about respectful relationships including communication, trust and consideration for others. For more information visit www.theline.gov.au.

Talk to your child’s school about their safe schools policy.

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