



Bullying – What Can I Do About It?

What is bullying?

It's more than just fighting with or not liking someone. It's being mean to someone over and over again.

Bullying is an ongoing or repeated misuse of power in relationships, causing harm on purpose. Bullying behaviours can be verbal, physical or social.

Bullying can happen anywhere – at home, online, with friends, in a group, on the bus or at school.

Bullying is very common

“A study reported 1 in 4 Australian students experience bullying.

So if you're being bullied, you're NOT alone.”

There's always something you can do.

Here are some ideas:

- Keep your distance from bullying
- Don't bully them back
- Tell them what they are doing is not ok
- Talk to an adult you trust
- Take time to do something nice for yourself

Have someone help you report cyberbullying or assault

Kids Helpline can help!

If you're being bullied, it's really important to talk to someone you trust.

Kids Helpline is always there to help.

Give them a call, start a WebChat or email them today.

<https://kidshelpline.com.au/>

Talking helps! We're here for you.

No problem is too big or too small.
We're here 24 hours a day, 7 days a week

1800 55 1800

Email Us

WebChat with Us





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What if I'm the bully?

Have you been told by others that you're a bully? Are you losing friends and getting into trouble?

How to know if you're cyberbullying someone

Sometimes it's tricky to see how our behaviour affects somebody else, especially if you can't see the other person.

Sometimes you might want to lash out at someone online because you're feeling down or upset. While this might make you feel good in the moment, it's probably not going to help the situation.

It can be hard to know how to act online in a way that is respectful and caring of others, especially if you're used to seeing cyberbullying online.

Here are a few tips for recognising when you might be cyberbullying someone:

- Are you using language that might hurt somebody's feelings?
- Are you swearing at somebody? Or yelling (using CAPS) at them?
- What would your mum say if she saw it?
- How would you feel if someone sent that message to you?
- Would you say it to someone's face?
- Are you being kind and caring toward that person?
- Do you feel upset or angry?

How to have good relationships online

Here are our tips on how to have good interactions online and avoid falling into the cyberbullying trap:

- If it doesn't feel right, don't send it
- Remember that things can be misunderstood very easily online
- If you're upset or angry wait until you feel calm before posting/sending anything
- Be kind toward people and try posting/sending positive messages instead of negative ones
- Treat people online as you would want to be treated
- Get the person's permission before posting/sending photos or videos of them
- Understand that everybody is different and be respectful toward people even if you don't like or agree with them
- Think about what you're posting/sending before you do it - check with yourself using the questions above before sending anything you might regret



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Cyberbullying hurts everyone

We all have a responsibility to help make the internet a safe place

If you're being cyberbullied, or see someone else being cyberbullied:

- ✓ Report it to the game/site/app you're on
- ✓ Block the people doing the cyberbullying
- ✓ Get support - you are NOT alone!