



Bullying hurts ■ ■ ■ ■ ■

Murray High School



Information for Students



What is bullying?

Bullying is when someone (or a group of people) with **more power** than you **repeatedly** and **intentionally** uses negative words and/or actions against you, which causes you distress and **risks your wellbeing**.

Five kinds of bullying

1. Physical bullying

eg hitting, poking, tripping, pushing or damaging someone's belongings.

2. Verbal bullying

eg name calling, insults, homophobic or racist remarks and verbal abuse.

3. Social (covert) bullying

eg lying, spreading rumours, playing a nasty joke, mimicking and deliberately excluding someone.

4. Psychological bullying

eg threatening, manipulation and stalking.

5. Cyberbullying

Using technology (eg email, mobile phones, chat rooms, social networking sites) to bully verbally, socially or psychologically.

Bullying isn't

- mutual arguments and disagreements
- single episodes of social rejection or dislike
- single-episode acts of nastiness or spite
- random acts of aggression or intimidation.

Things you can do if your child is being bullied

1. Talk

Start a conversation about being bullied. But don't make it intense or you might deter them from talking to you.

2. Listen

Hear the whole story without interrupting. Ask what they want to happen **before** you make any suggestions.

3. Explain

It's normal to feel hurt. It's **never** OK to be bullied and it's **NOT** their fault.

4. Find out what is happening

Ask what, when and where the behaviours occurred, who was involved, how often and if anybody else saw it. Find out if any teachers know and if the school's done something to address the situation.

5. Contact the school

Check the school's bullying policy. Make an appointment to speak to your child's teacher or coordinator. Be calm! Make a follow-up appointment in a week or two to make sure the situation is being addressed. Take your child.

6. Give sensible advice

Don't advise your child to fight back. **Don't** explain that the child doing the bullying did not mean it – they did. **Don't** tell them it will go away – it probably won't. **Don't** let your child stay away from school – it won't solve the problem.

7. Help your child work out some things to do

Look at the 'Top tips for kids' and help your child practise some useful strategies.



Top tips for kids

You always have the right to feel safe at school. It is never your fault if bullying happens to you.

If you're being bullied

- tell the person to stop
- use neutral language to respond to the bullying, like 'maybe' or 'that's what you think'
- walk away
- try to act unimpressed

But if it's been going on for a while and these don't work.....

- talk to your friends and ask for support
- talk to your parents
- talk to a teacher.

If you see someone else being bullied

- tell the person acting like a bully to stop
- talk to a teacher
- don't watch or join in
- try to change the subject
- try to comfort and/or include the person who's been targeted
- explain that it's nothing to do with them – it's about the other person's behaviour.

If you are cyberbullied

- don't respond to the message or image
- save the evidence
- block and delete the sender
- report the situation to the website or Internet Service Provider
- tell trusted people – friends, adults, teachers, parents and police if necessary.

Bullying is a serious problem

Being bullied at school can seriously affect your physical and mental health.

The majority of reported bullying (90%) happens during school break times.

In Australian schools, bullying affects approximately 1 student in every 4.

Cyberbullying is increasingly becoming a danger to young people in Australia, affecting at least 1 in 10 students. It can happen at any hour, anywhere and reach a vast audience.

**“Bullying can be very harmful
and it should not be part of
anyone’s growing up.”**

