

Bullying



Children can be mean to each other sometimes.

They might get angry or upset.

Their feelings might get hurt.

It is not very nice when this happens once, but bullying is different.

Most people are not trying to be mean.

They might only be mean once or twice.

They might say sorry later.

Bullying is different.

Bullying is being mean to somebody a lot on purpose.

Bullying can happen at any age.

Sometimes it can be hard to know if something is bullying.

This is why it is important to teach your child what bullying is and what they should do if they are being bullied.

What is on this page?

This page is about bullying.

It has information about:

- types of bullying
- why people bully other people
- signs that your child is being bullied
- what your child should do if they are being bullied
- what you should do if you think your child is being bullied
- ways you can teach about bullying
- resources you can use to teach about bullying





Types of bullying

Bullying can include things like:

- teasing, saying mean things to somebody or calling them mean names
- ignoring somebody on purpose
- leaving somebody out of games or activities on purpose
- hitting or pushing somebody, or taking their things
- posting mean or untrue things about somebody on social media

Bullying can happen face-to-face or online.

Wherever it happens bullying is not OK.



Why do people bully others?

There are lots of reasons why people bully others. It might be because they:

- feel jealous of the person they are bullying
- want other people to like them more
- feel better about themselves when they put other people down
- feel angry inside
- want to feel like they are in control or have power over others
- have been bullied themselves
- do not know what they are doing is wrong

Sometimes children are bullied because of their disability.

This is not OK.

No matter the reason, bullying is never OK.

Signs of bullying

It can be hard to know if your child is being bullied.

They might not want to tell you.

Your child might find it hard to tell you they are being bullied.

Sometimes there are signs that your child is being bullied.

Your child might:

- have cuts or bruises
- come home with their clothes ripped
- come home with their bag, computer or other things broken
- feel more stressed, angry or sad





- have trouble sleeping
- keep saying they do not feel well

If your child is being bullied they might not want to:

- spend time with their friends anymore
- go to school or out into the community
- do things they used to enjoy doing

Look for signs that your child is not happy.

You know your child best.

Think about how you know if they are not happy.



What should your child do if they are being bullied?

If your child is being bullied they should try to:

- keep away from the bully
- stay close to their friends or other people they trust

They could play near the teachers in the playground

- tell the bully what they are doing is not OK

This can be hard to do.

Your child should only do this if they feel safe

- tell someone they trust

Your child should not try to bully the person back.

This can make things worse.

What should you do if you think your child is being bullied?

It can be hard to know what to do if your child is being bullied.

You can start by keeping a diary of what has happened.

You can write in the diary about the signs that your child is being bullied and the things your child has said.

It is important to write information in your diary about:

- what has happened
- when it happened
- where it happened
- who it happened with

A diary will help you to remember the information about what has been happening.



It will also help you tell other people what has been happening.



If the bullying is happening at school, you can tell your child's school about it. They should tell you what they will do to help keep your child safe.

If you are not happy with what the school says, you can:

- talk to a lawyer
- tell the police
- complain to the education department in your state or territory



If the bullying happens on the internet or social media, you can tell the E-safety Commissioner.

You can find information here:

[www.esafety.gov.au/report/
cyberbullying](http://www.esafety.gov.au/report/cyberbullying)

If you are unsure of what to do,
speak to somebody you trust.

You can also call the parent
helpline in your state or territory.

You can find the information
about the helplines here:

[raisingchildren.net.au/grown-ups/
services-support/about-services-
support/helplines](http://raisingchildren.net.au/grown-ups/services-support/about-services-support/helplines)



Ways to teach about bullying

Talk to your child about what is happening at school

You can ask questions like:

- what did you do at school today?
- who did you play with at lunch?
- who are your friends at school?

This will help you if something is worrying your child.

You can also talk about things like:

- what should you do if somebody at school does something you do not like?
- what should you do if your friend does not want to play with you at lunch?
- what can you do to feel better if somebody has been mean to you?





Teach about safe places and safe people at school

Teach your child to go to their safe place or safe person if they are being bullied.

A safe person might be their favourite teacher or school counsellor.

A safe place might be the school office or library.

Help your child to spend time with their friends



Make sure your child knows who their friends are and who they can trust.

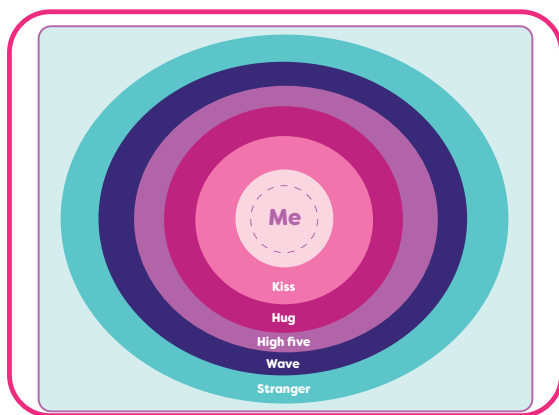
Help your child to spend time with their friends doing things they like.

This will help your child to feel good.

You can also use the Who's In My Orbit worksheet to teach your child about the different types of relationships.

Resources for you to use

Who's In My Orbit worksheet



[Who's In My Orbit worksheet](#)



Raising Children website

<https://raisingchildren.net.au/school-age/behaviour/bullying/school-bullying-helping>

<https://raisingchildren.net.au/school-age/behaviour/bullying/bullying-signs>



Parentline website

<https://raisingchildren.net.au/school-age/behaviour/bullying/bullying-signs>

Kids Helpline

<https://kidshelpline.com.au/teens/issues/bullying>



What to read next:

- [Healthy relationships](#)
- [Consent in relationships](#)
- [Ending relationships](#)

For more information go to the Planet Puberty website

www.planetpuberty.org.au