



## WHAT TO DO IF YOU ARE BEING BULLIED

You have a right to feel safe and be safe. If you are being bullied here are some ideas about what you can do.

**Talk to someone about it.** Find a trusted friend, teacher or carer who will listen to how you feel, be supportive, and perhaps even help you work out what to do.

- Talk to your friends - they can help you tell a teacher or your parents or just to feel better.
- Talk to your parents - tell them all about what's been happening.
- Talk to your teacher or another staff member - tell them all about what's been happening. If you don't want to do this in public, make an excuse to see the teacher about something else, for example your homework.
- If you can't talk to someone face-to-face go online at Kids Helpline <http://www.kidshelp.com.au/> or call a Kids Helpline counsellor on 1800 55 1800.

**Try a few of the strategies that have worked for others.** Only try these strategies if you are not in any immediate danger of being physically hurt and you feel confident you can do them.

- Ignore the bullying - turn your back and walk away.
- Act unimpressed or pretend you don't care what they say or do to you. You could say 'okay, whatever' and walk away.
- Use strong, assertive statements, starting with the word 'I'; tell the other person 'I want you to stop that' in a strong confident voice. Practice this with your friends.
- Use 'fogging' which means making a joking or funny comment that makes the other person think you don't care about what they say.
- Ask your friends to speak up for you. And remember to do the same for them!

**Try to stay positive.** Focus on all the things that you do well, the people who like you and care about you. Write down your thoughts and feelings about the bullying to help you think clearly about what you can do.

**Hang around with your friends and be with people who help you feel good about yourself.** Good friends respect, encourage and support you. They care for your wellbeing and are fun to be around. You'll make new friends by respecting, encouraging and supporting others.

**Try to sort out the problem behind the bullying.** If you feel safe to do so, talk with the other people involved and ask them how you might be able to sort out the problem together.

For more information about our Healesville Primary School policy on bullying see the Student Engagement and Wellbeing Policy in the About section on our website:

[www.hps.vic.edu.au](http://www.hps.vic.edu.au)



## FACT SHEET 1

### DEFINITIONS OF BULLYING, HARASSMENT AND DISCRIMINATION

Bullying, harassment, discrimination and violence are all interpersonal behaviours that can create or contribute to negative social environments. All school communities should have clear definitions outlined in their school policies and procedures for bullying, harassment, discrimination and violence.

#### 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 persons.

Behaviours that do not constitute bullying include:

- mutual arguments and disagreements (where there is no power imbalance)
- not liking someone or a single act of social rejection
- one-off acts of meanness or spite
- isolated incidents of aggression, intimidation or violence.

However, these conflicts still need to be addressed and resolved.

**Cyberbullying** refers to bullying that is carried out through information and communication technologies. Likewise not all online issues are cyberbullying.

#### Harassment

Harassment is behaviour that targets an individual or group due to their:

- identity, race, culture or ethnic origin
- religion
- physical characteristics
- gender
- sexual orientation
- marital, parenting or economic status
- age
- ability or disability.

It offends, humiliates, intimidates or creates a hostile environment.

It may be:

- an ongoing pattern of behaviour or a single act
- directed randomly or towards the same person(s)
- intentional or unintentional.

#### Discrimination

Discrimination occurs when people are treated less favourably than others because of their:

- identity, race, culture or ethnic origin
- religion
- physical characteristics
- gender
- sexual orientation
- marital, parenting or economic status
- age
- ability or disability.

#### Violence

Violence is the intentional use of physical force or power, threatened or actual, against another person(s) that results in psychological harm, injury or in some cases death. It may involve provoked or unprovoked acts and can be a single incident, a random act or can occur over time.

*The definitions in this fact sheet contain the key characteristics and have been taken from Safe Schools Hub. It can be accessed at:*  
<http://www.safeschoolshub.edu.au/resources-and-help/Glossary>