



Dealing with bullying

Each year, around **45 million bullying incidents** take place in Australia's schools and **one in four kids are bullied** each year.

So, what should you do if your child is being bullied?

1. Listen calmly

Encourage your child to tell you the whole story. Listen without interrupting. It's also important for you to stay calm.

2. Support and encourage

Explain that bullying is never OK, that it's normal to feel upset, and that they were absolutely right to speak up.

3. Talk about what to do next

There's no magic 'fix' for bullying, but you can talk with your kids about whether the following might work:

- acting bored or unimpressed
- using humour
- agreeing with the bully in an offhand way - "yeah, my hair is pretty red..."

- sticking with friends or in places that feel safe
- blocking & reporting cyber bullying
- trying not to get aggressive – this can make things even worse
- contacting one of the services listed below for advice.

4. Work with the school

As it's in both of your interests for a good outcome, work together:

- make a proper meeting time and involve staff who know your kids best
- make sure you have a list of what's happened - dates, places, incidents, screenshots
- read up on your school's anti-bullying policy on their

website, and politely check if it's being followed

- don't assume the school knows what's been happening - they may not
- stay focused on getting a positive outcome
- never get angry or personal with staff, other parents or kids.

5. Connect your kids with others

It might be good for your child to see a GP, counsellor, or one of the support services below. Kids will also benefit from building confidence, skills and friendships in other places, away from where the bullying has been happening, like a sports club, Scouts or volunteering.

If you or someone you know needs immediate help, call Lifeline on 13 11 14. They can also visit:

Kids Helpline – [1800 55 1800](tel:1800551800) | kidshelpline.com.au

Beyond Blue – [1300 22 4636](tel:1300224636) | beyondblue.org.au

eheadspace – headspace.org.au/eheadspace

Parentline in your state – parentline.com.au

Dolly's Dream Parent Hub – parenthub.dollysdream.org.au

Bullying. No Way! – bullyingnoway.gov.au

National Centre Against Bullying – ncab.org.au

Emergency and crisis numbers

