



school bullying is violence

www.weekwithoutviolence.ywca.org.au

Every week an estimated that one in every six children is bullied. Every year the Kids Help Line receives around 6000 calls from young Australians about bullying. Bullying is a serious issue, which has profound effects ranging from absenteeism through to depression to suicide. If you know someone who is being bullied, take it seriously, listen to them and support their actions. It is important to remember that doing nothing condones the behaviour.

What is Bullying?

School Bullying can be verbal, physical, social or psychological. It occurs when a child is called names, put down, threatened; hit, tripped, poked, kicked, or belongings are stolen or damaged; left out ignored, or rumours are spread; stalked or given dirty looks. A child being bullied can feel angry, depressed, sad, confused, sick, scared, alone, embarrassed, and reluctant to go out or go to school.

What can you do about bullies?

For children: Confide in a friend, family member or teacher or school counsellor. Support someone who is being bullied & let the bully know that their behaviour is unacceptable. Avoid going near bullies, or being near them on your own, if confronted don't fight back as it usually makes situations worse, calmly walk away. Do something you enjoy to forget about the bullying

For Parents & Caregivers: Listen to your child and take their feelings seriously, let your child know that bullying is wrong & reassure your child that bullying is not their fault, and that something can be done about it. Ask the School's Principal, counsellor or teachers for support & information.

Find out more:

Visit these web sites: Bullying No Way – www.bullyingnoway.com.au
or Reachout – www.reachout.com.au

**Imagine a week of open minds not closed fists
– let's make it a reality**

