

WHAT IS BULLYING?

Bullying is when someone keeps hurting or picking on another person. It can happen at school, sports, online, or any place kids are together.

HOW TO IDENTIFY?



Calling bad names



Leaving someone out



Pushing or hitting



Scaring or controlling people



WHO IS AFFECTED?



Victims – Might feel sad, sick, or scared.



Bullies – Often have problems with friends or at home.



Other people around – Can help stop bullying by speaking up.

SIGNS A CHILD MAY BE BULLIED



Unexplained cuts, bruises, or missing things.



Changes in mood, eating, sleeping, or how well they do in school.








Not wanting to go to school or join activities






Feeling bad about themselves.

IF YOUR CHILD IS BULLYING OTHERS





-  Listen to your child and believe them.
-  Don't blame or call them names.
-  Help them find ways to cope and feel better about themselves
-  Encourage them to join safe, friendly groups.
-  Talk to the school or group, and keep checking in.

HOW PARENTS CAN HELP?

Ask yourself:

-  How do we deal with problems at home?
-  Are they seeing or going through violence or stress?
-  What kind of TV, games, or social media do they use?

WHERE TO GET HELP?

-  School, early childhood service, or youth group.
-  Kids Helpline – 1800 551 800
-  Parentline – 132 289
-  Your GP or local health service.



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