

What should I do to help someone who might be a victim of bullying?

- **Take action:** As soon as bullying occurs, help the victim by saying "Leave him/her alone"
- **Support:** Stand or sit next to the victim
- **Report:** Tell a teacher as soon as possible
- **Offer help:** Support the student being bullied
- **Encouragement:** Encourage the student to get help through an adult, teacher or family
- **Enlist:** Get help from a peer mediator or support staff
- **Alert:** Avoid making an audience for the bully



# A.B.C

## Anti-Bullying Campaign

BULLYING HURTS!!  
TELL SOMEONE WHO CAN HELP

YOUR PARENTS



YOUR TEACHER OR PRINCIPAL



YOUR FRIENDS



YOU SHOULD REPORT BULLYING

Email: [the.principal@payneroadss.eq.edu.au](mailto:the.principal@payneroadss.eq.edu.au)  
Phone: 3511 3111



YOU SHOULD REPORT  
BULLYING

Bullying Can  
Hurt  
Anyone...  
Be Aware!

Anti - Bullying  
Campaign

# What is bullying?

"Bullying is the wilful, conscious desire to hurt another and put him/her under stress. Thus bullying was conceived as a desire. Anybody who wants to hurt somebody—and knows it—is then, by definition, a bully"

Tattum and Tattum (1992)  
<http://www.education.unisa.edu.au/bullying/define.html>

Bullying is also defined as an ongoing act of aggression directed at individuals who are not able to defend themselves. Bullying is therefore an abuse of power in any relationship.

**Bullying can be frequent, continual and could include...**

- Calling names
- Insulting remarks
- Intimidation
- Excluding students from friendships or peer groups
- Giving nasty looks
- Making rude gestures
- Graffiti
- Writing offensive notes
- Being rude and impolite
- Fighting, pushing, shoving
- Hurting someone physically
- Teasing
- Invading someone's space
- Spreading rumour
- Making threats
- Extortion
- Stalking
- Harassment
- "Mucking about" that goes too far
- Electronic insults
- Damaging personal items
- Sexist/racist remarks
- Giving unwanted attention
- Making unwanted phone calls

## Bullying is deliberate and intentional

### How Does a victim of bullying feel?

- Hurt
- A lack of confidence
- A feeling of being alone and not having support
- A feeling of being vulnerable
- A feeling of being disempowered
- A loss of trust in adults and friends
- A decreased sense of safety
- A decreased sense of security

### How can you tell if someone is possibly being bullied?

- ⇒ Unwillingness to go to school
- ⇒ Complaining of pains, headaches and stomach aches
- ⇒ Anxious
- ⇒ Behaviour changes
- ⇒ Fear of walking to school
- ⇒ Deterioration of school work
- ⇒ Unexplained bruises and cuts
- ⇒ Torn clothes and belongings
- ⇒ Loss of possessions
- ⇒ Few friends
- ⇒ Biting nails
- ⇒ Bed wetting
- ⇒ Giving unconvincing explanations for above



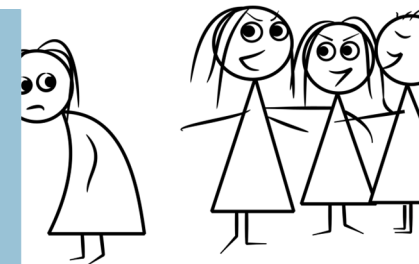
## What can I do if I'm being bullied?

- Be assertive
- Calmly walk away
- Do not respond. If you show you're not upset, the harassment may stop
- Do not retaliate with any form of aggression
- Be smart and avoid high risk places
- Use humour to defuse the situation if possible
- Don't keep a secret. Let your parents or teachers know or talk to a peer mediator/ chaplain / school captain. They can help more than you think

## What can I do as a parent?

- Listen to your child and make sure it is understood that it is not their fault
- Raise the issue with your child's school to discover new strategies to combat the problems
- Talk to other parents or support groups
- Talk to your child about bullying in school and their neighbourhood
- Help them to develop strategies to combat bullying
- Become aware of your own reactions
- A child should not be expected to deal with bullying on their own.

<http://bullyingnoway.gov.au/>



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