

What is Bullying?



Examples of Bullying

- **Physical:** Hitting, kicking, pushing, or other forms of physical harm.
- **Verbal:** Name-calling, insults, teasing, or making derogatory remarks.
- **Emotional:** Spreading rumours, excluding someone from a group, or manipulating friendships.
- **Cyberbullying:** Sending hurtful messages, spreading rumours online, sharing private information without consent, or creating harmful content about someone on social media.

AKKF pre-early intervention programs teaches young people help seeking behaviours and where to get help if needed.



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www.kookaburrakids.org.au

Tips for Parents

Having a young person who is being bullied OR has been accused of bullying, can feel very confronting, overwhelming and upsetting. It is important that you also feel supported when dealing with this. When you are ready to, we recommend;

- **Open Communication:** Regularly talk to your young person about their day, friendships, and feelings. Encourage them to share any concerns or experiences of bullying
- **Model Positive Behaviour:** Demonstrate respectful and kind behaviour in your interactions. Young people often imitate the behaviours they observe at home.
- **Teach Empathy:** Help young people understand how their actions affect others. Discuss scenarios where someone might feel hurt and how they can offer support.
- **Set Boundaries:** Make it clear that bullying is unacceptable. Establish consequences for bullying behaviour and consistently enforce them.
- **Get Involved:** Know what's happening in your young person's school life. Attend school meetings, connect with teachers, and be aware of the school's anti-bullying policies.



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What Should We Recommend Young People Do When Being Bullied?

- **Tell Someone:** Encourage young people to speak up if they're being bullied. They can talk to a trusted adult, like a parent, teacher, or school counsellor.
- **Stay Calm:** Teach them to remain calm and not to retaliate. Responding with anger can escalate the situation.
- **Avoid the Bully:** If possible, suggest they avoid situations where they might encounter the bully.
- **Buddy Up:** Encourage them to stay close to friends who can offer support. Bullies are less likely to target someone who's with a group.
- **Keep Records:** If bullying is happening online or through messages, advise them to save the evidence and show it to an adult.



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#BULLYINGNOWAY

Impact of Bullying on Mental Health:

- **Anxiety and Depression:** Bullying can lead to feelings of helplessness, low self-esteem, and severe anxiety or depression.
- **Academic Decline:** Young people who are bullied often have trouble concentrating, leading to poorer academic performance.
- **Physical Symptoms:** Stress from bullying can manifest as headaches, stomach aches, or other physical ailments.
- **Loneliness and Isolation:** Being bullied can cause a young person to withdraw from social activities, leading to loneliness.



What Will Make It Better?

- **Support Systems:** Strong support from family, friends, and school staff can help a young person feel secure and valued.
- **Counseling:** Professional counseling can help children process their emotions and develop coping strategies.
- **Positive Reinforcement:** Recognise and praise the young person's strengths and achievements to rebuild their confidence.
- **Safe Environment:** Ensuring that the young person is in a safe environment, whether at school or online, is crucial to their recovery and well-being. Schools should take immediate action to address bullying and provide a safe space for all students. By fostering a culture of respect and kindness, we can all contribute to a world where bullying is not tolerated, and every young person feels safe and supported.

If you need support for your mental health and wellbeing, the following helplines are available 24/7 in Australia.



Kids Helpline: 1800 55 1800



Lifeline: 13 11 14



13Yarn: 13 92 76