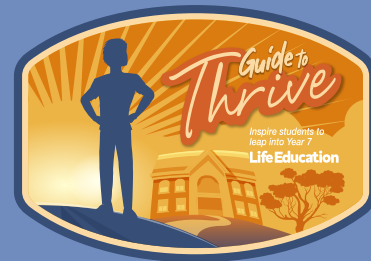


School Transition

What do I need to know about Bullying?



Why do I need to know about Bullying?

- Many young people are worried about making new friends at high school
- Many young people are also worried about being bullied
- Bullying is extremely common
- Over 80% of students from non-Anglo backgrounds report being bullied.
- Over 80% of LGBTIQ+ students report being bullied because of their sexuality in Australian schools.
- Indigenous children are also more likely to experience a lack of safety, bullying and discrimination in school than their non-Indigenous peers.
- Children with disabilities, special needs are also at a higher risk of being bullied than their peers.

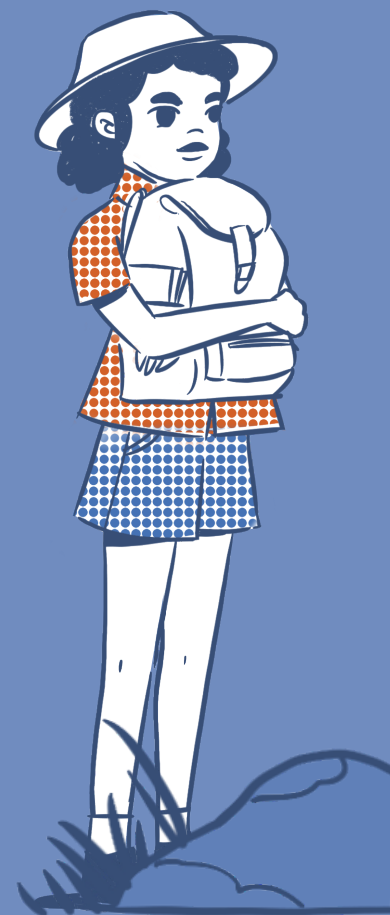
What questions do I need to ask?

Ask your child's school:

- What should I do if my child is bullied?
- Where can I get help?
- What do I need to know about cyberbullying?
- There are many resources that can help you to increase your understanding of different forms of bullying, and provide useful ways for you to support your child.

Ask your child:

- Who are their friends?
- What do they need and want from friends?
- How do their friends treat them, and how do they treat others?
- Do they know who to talk to if they have problems with other children at school?
- What do they do online (if relevant)?
- Do they know what being safe online means?



*Look at websites:

Reach Out website provides support on mental health and well-being, bullying, family, and peer relationships.

Bullying No Way covers a wide range of issues on bullying.

Bullying isn't banter | headspace is a useful resource with links on bullying behaviours. Headspace also provides free counselling services for young people.

Homepage | eSafety Commissioner The eSafety website provides a range of resources for parents and teachers, designed to raise awareness of cyber security in students.

Parent Hub - Dolly's Dream (dollysdream.org.au) can help you understand how to keep your kids safe online.

We All Solid Anti-Bullying Program (telethonkids.org.au) provides resources to support bullying in Indigenous contexts.

<https://kidshelpline.com.au/teens/issues/bullying> can help your children and you to understand bullying and deal with its impacts.

