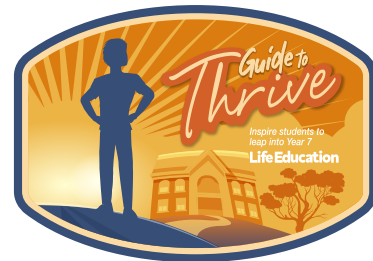# School Transition
What do I need to know about Bullying?

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. **https://au.reachout.com/**

Bullying No Way covers a wide range of issues on bullying. **https://bullyingnoway.gov.au/**

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

Homepage | eSafety Commissioner The eSafety website provides a range of resources for parents and teachers, designed to raise awareness of cyber security in students. **https://www.esafety.gov.au/**

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

https://dollysdream.org.au/parent-hub/

We All Solid Anti-Bullying Program (telethonkids.org.au) provides resources to support bullying in Indigenous contexts. **https://www.telethonkids.org.au/our-research/aboriginal-health/cre-aboriginal-health-and-wellbeing/solid-kids/solid-kids/we-all-solid/**

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

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Every child deserves to thrive