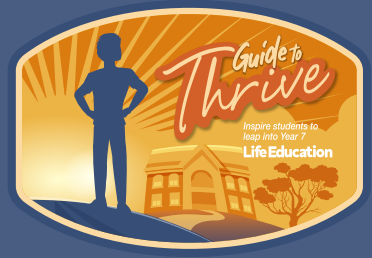


School Transition

Understanding Bullying



Bullying is different to everyday conflict. Bullying occurs because of malicious intent, an imbalance of power, repeat use, resultant distress, and ongoing provocation. Bullying may occur either in school settings, or outside school (online for example), but it is attributed to the relationships created in school settings.

Bullying may be:

- direct or indirect
- verbal
- physical
- emotional
- sexual
- cyber / online

Bullying can also occur based on racial vilification (racist bullying).

Racist bullying occurs when someone is put-down, teased, intimidated or shamed because of their:

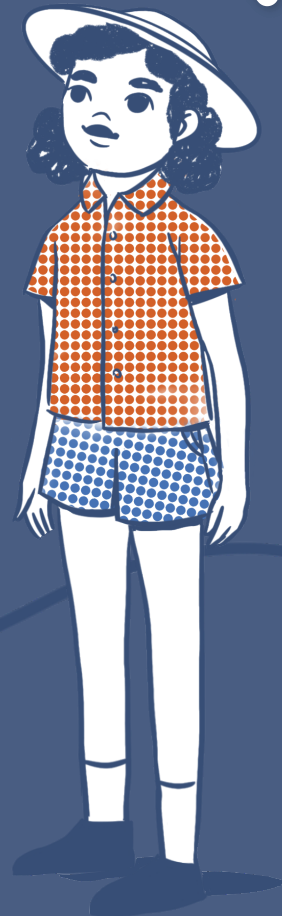
- physical appearance
- ethnic background
- religious or cultural practices
- the way they talk or dress

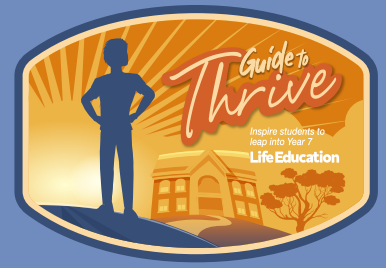
Bullying can have extremely serious consequences for victims, ranging from:

- distress
- school refusal
- disengagement
- mental health issues, including substance abuse, eating disorders, self-harm, and suicide



**Bullying
is serious**



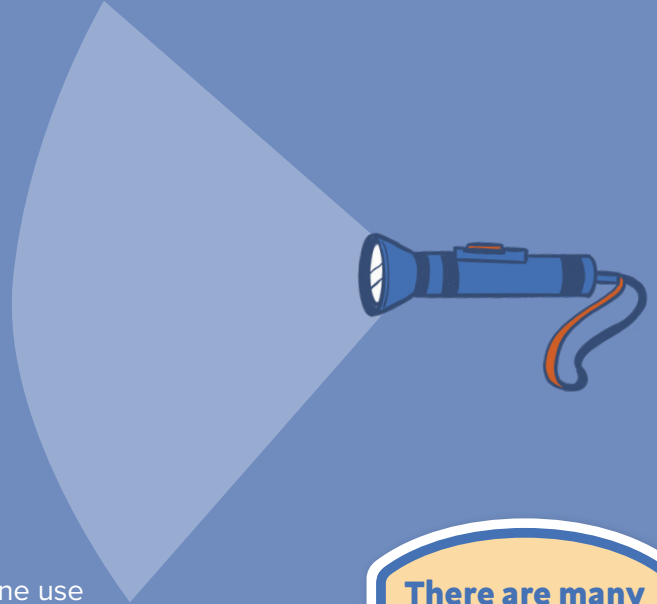


School Transition

Warning signs of Bullying

There may be signs that your child is being bullied. Look out for children who:

- have trouble getting out of bed
- do not want to go to school
- change their method or route to school or become frightened of walking to school
- sleep more or sleep less
- eat more or eat less
- have frequent tears, anger, mood swings and anxiety
- have unexplained bruises, cuts and scratches
- have stomach aches or unexplained pain
- have missing or damaged belongings or clothes
- ask for extra lunch money or food
- arrive home hungry
- show an unwillingness to discuss what they do online
- show an unwillingness to discuss social media or phone use



There are many resources to help you.

Some changes in behaviour may also be a result of mental health issues. It is important to get help as soon as you notice something is wrong. Talk to your child, and talk to your child's teacher.

There are many good resources to help you and your child understand what bullying is, and what to do about it.

Make sure to talk to your child and create opportunities for discussion. We know from research that children will tell their friends or parents first, before reporting bullying to a teacher. Talking to your children about bullying may seem overwhelming. The resources below can help you get started.



***Helpful Resources**

How to talk to young people about bullying:

Kids And Parents Talk About How Bullying Hurts | TODAY

Bully A Plant: Say No To Bullying - YouTube

Kid President's Guide to Making a New Friend - YouTube

How words affect us... and our cells - YouTube

Is it ever okay to fight back against a bully? - Short & Curly - ABC Radio