Bullying is

- When a child, or a group of children, deliberately upset or hurt another child
- behaviour that happens more than once
- can include hitting, name calling and spreading rumours

Bullying is not

- an argument between children where both children are upset
- something that happens only once
Is my child being bullied?

If so, they might be:

- Not wanting to go to school
- Not doing as well at school
- Lacking confidence
- Asking for or stealing money (to pay to bullies)
Is my child being bullied?

If so, they might be:

- **Upset**

- Coming home with bruises, cuts or scratches

- Bullying other people
What can I DO if my child is being bullied?

Listen

Be supportive

Get the facts:
- Who is involved?
- What happened?
- Where did it happen?
- Why did it happen?
- When did it happen?

Teach them to deal with the bully by:
- Saying ‘leave me alone’ and walking away
- Staying away from bullies
- Making new friends
- Reporting bullying to a teacher they trust
What can I DO if my child is being bullied?

Work with the school to fix the problem:
• Arrange a meeting with your child’s teacher
• You can also meet with the school’s counsellor

Don’t

Tell your child to fight back

Try to fix the problem by talking with the other children or parents
What can I DO if my child is being a bully?

Stay calm and work with the school to fix the problem

Help your child to learn about good behaviour

Don’t

Try to fix the problem by talking with the other children or parents
What can I DO to help stop bullying at my child’s school?

- Report any bullying (even if it does not involve your child)
- Tell them why bullying is wrong
- Encourage them to make and keep happy friendships

Don’t

- Accept bullying in the house
For further information

1. Talk to your child’s teacher

2. Visit the following websites

   Safe Schools are Effective Schools

   Student Code of Conduct

   Bullying. No Way!
   www.bullyingnoway.com.au

3. Contact your Department of Education & Training regional office

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<th>Regional Office</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Barwon South Western</td>
<td>03 5279 4444</td>
</tr>
<tr>
<td>Eastern Metropolitan</td>
<td>03 9881 0200</td>
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<tr>
<td>Gippsland</td>
<td>03 5127 0400</td>
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