

Students

WHAT IS BULLYING?



Bullying is a serious problem. It is unfortunately something that happens to lots of young people. It might have happened to you or someone that you know.

If you're not sure exactly what bullying is this definition might help.

Bullying is when someone (or a group of people) with more power than you, repeatedly and intentionally uses negative words and/or actions against you, which causes you to feel upset and might change how you feel about yourself and the type of things that you do.

In Australian schools bullying affects approximately one student in every four. Think about your group of friends. How many people would this affect?

Bullying can be really harmful and no one should have to put up with it! There are lots of types of bullying and it is important that you know what they are and what they look like.

- 1. Physical bullying**

This is when a person (or group of people) uses physical actions to bully, such as hitting, poking, tripping or pushing someone. Repeatedly and intentionally damaging someone's belongings is also physical bullying.

- 2. Verbal bullying**

Using negative words repeatedly and intentionally to upset someone, is also a form of bullying. Examples of verbal bullying includes name calling, insults, homophobic or racist comments, and verbal abuse.

- 3. Social bullying**

Lying, spreading rumours, playing a nasty joke are all examples of social bullying. Repeatedly mimicking someone and deliberately excluding someone is also social bullying behaviour.

- 4. Psychological bullying**

Psychological bullying is when someone (or a group of people) repeatedly and

intentionally use words or actions which cause you psychological harm. Intimidating someone, manipulating people and stalking a person are all examples of psychological bullying.

5. **Cyberbullying**

Cyberbullying is when someone (or a group of people) uses technology to verbally, socially or psychologically bully.

Cyberbullying can happen in group chats, through social media, emails or texting. If any of these things have happened to you or someone else that you know you have been a victim of bullying. This website is designed to let you know there is an answer. You don't have to stand by and let it happen to you or others.

What isn't Bullying?

Other forms of hurtful behaviour are often mistaken for bullying. Upsetting and harmful things happen, but not all of them are bullying.

Mutual arguments or disagreements are upsetting, but usually everyone involved wants to solve the problem and there is no power imbalance. A mutual argument or disagreement is not bullying.

Unless you deliberately and repeatedly try to cause someone distress, exclude them or encourage others to dislike them then it isn't bullying; not liking someone is not bullying.

Single acts of meanness, spite, conflict, rejection, exclusion, physical harm and emotional aggression hurt people and can cause great distress. However, these things are not examples of bullying unless someone is deliberately and repeatedly doing them to you.

Source: [National Centre Against Bullying](#)

POSITIVE STEPS:



First things first:

OK, so... There are many different things you might be able to do if you are being bullied. Different strategies can work in different situations. You might try and work it out by yourself. However, if the bullying doesn't stop you might find it helpful to ask someone else

for advice and help. Don't be afraid to let someone know that you are being bullied. They can help you.

Ask someone for advice:

To stop bullying whether it is verbal, written, or cyber bullying – it can be helpful to tell someone that you are being bullied. This may seem scary at first, however, telling someone can lighten your load and help you to work out how to solve the problem and stop being bullied. Talking to someone is particularly important if you feel unsafe or frightened, or if you don't have many friends.

Asking for help or talking to someone about the bullying is not being weak or 'giving in' in fact it takes a lot of strength and courage to ask for help. There are many people who might be able to help, including friends, older brothers and sisters, teachers, family, counselors or parents.

CASE STUDIES:



READ the following SCENARIOS & ask yourself;

- What type of bullying is occurring?
- What may the consequences be for each of the students if the situation continues?
- What could you do if you were in this situation?
- What could you do if it was happening to one of your friends?

SCENARIO 1

Sally has been giving Jill death stares!! The teacher talks to Sally and she says Jill started it. The teacher then talks to Jill, who says Sally started it. The teacher has spoken to both girls and asked them to stay away from each other. Sally has said to her friends that she is going to bash Jill if she death stares her again. Sally's friends have started to spread rumours about a fight starting at lunch.

SCENARIO 2

Jake is a quiet student who enjoys reading and computer games. He sits with a small group of friends at recess and lunch. One of his friends, in front of some other boys, has started to call him names. He is only doing it in front of the same group of boys. When those boys are not around he is nice to Jake. Jake is getting upset and is not wanting to come to school.

SCENARIO 3

Lilly sits with a group of girls she has known since kindergarten. Tracey, a new student from Victoria starts in her class and fits in well with Lilly's friends. Lilly's friends think Tracey is awesome and exciting and Lilly is feeling left out. Lilly starts spreading untrue rumours about Tracey hoping that her friends will kick Tracey out of their group.

SCENARIO 4

Sam and Cody posted unpleasant comments about each other on a social networking site. The comments went back and forth between the two, which were also viewed by other friends. The next morning when both students arrived at school, girls had formed groups, yelling and arguing, about the facebook comments.

Case studies sourced from Kids Help Line

REPORT BULLYING



We take BULLYING very seriously at Leeton High School. But without a REPORT sometimes we are not aware it is happening and can not HELP you.

Fill in the details below if you or a friend need our SUPPORT.

Name

Year

Have you reported this bullying before yes/no

If yes , who did you tell?

Who is the target of the bullying?

Name of Bully or Bullies

What has been happening?

Where does this happen?

How often does this happen?

How have you tried to resolve this situation?

Your email