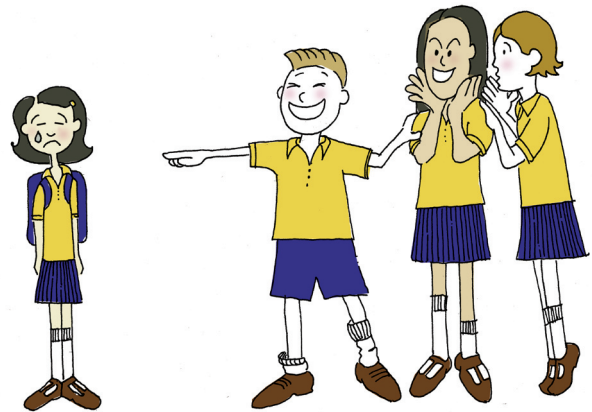


# Bullying...

## Information for Families

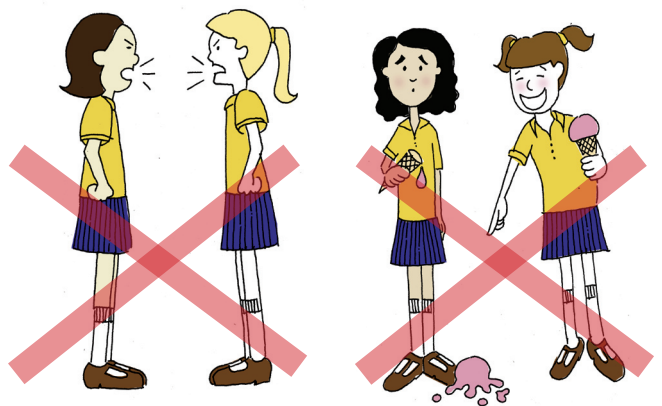
### Bullying is

- 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

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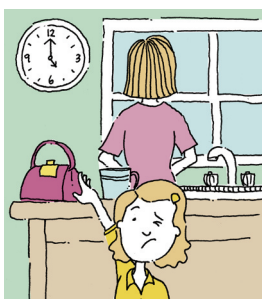
Not doing as well at school

---



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

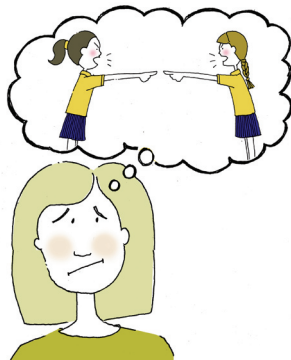


# What can I do if my child is being bullied?



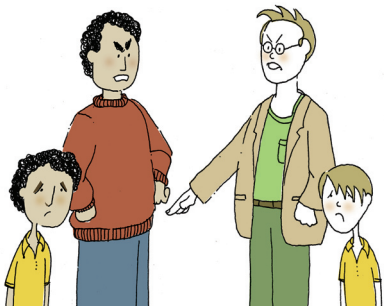
## Work with the school to fix the problem:

- 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?



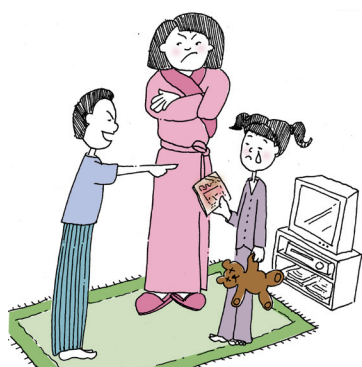
**Report any bullying (even if it does not involve your child)**



**Tell them why bullying is wrong**



**Encourage them to make and keep happy friendships**



**Don't**

**Accept bullying in the house**



# What can I do if I am being bullied?

## 1. Ignore it .



If that doesn't work...

## 2. Talk to the person bullying you.



Ask them to stop.

If that doesn't work...

## 3. Talk to a teacher.



If that doesn't work...

## 4. Talk to the Principal.



# What can I do if I see someone being bullied?

*Sometimes it is scary getting involved and you may not want to.*

**If you feel you can... say something to the bully then tell a teacher.**



**If that seems difficult tell a teacher or a parent. You can do this in confidence.**



**Let the person being bullied know you didn't think what was happening was ok. Be supportive.**

