

At our school we aim to create a safe and supportive school community for everyone.

Sometimes, it can be difficult for parents or carers to know what to do when their child talks to them about bullying.

You are an important part of our work to prevent bullying and to respond effectively if it happens. Stopping bullying involves everyone.

#### If your child talks to you about bullying:

- 1. Listen** calmly and get the full story. Your calm response is important to allow your child to tell you all about the situation. After they've told you their story, ask questions to get more details if you need to: who, what, where, when. Although you may feel some strong emotions about your child's experience, try to keep calm to avoid more distress to your child.
- 2. Reassure** your child they are not to blame. Many children blame themselves and this may make them feel even worse. You could say things like, 'That sounds really hard to deal with. No one should have to put up with that.' or 'I'm so glad you told me. You should be able to feel safe at school; that's not fair at all'.
- 3. Ask** your child what they want to do and what they want you to do. A critical part of your response is to avoid jumping in to solve the problem. While it is natural to want to protect your child, helping them to find their own solution is a better option. It helps them feel they have some power in the situation.
- 4. Visit** [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au) to find some strategies. The website has tips and ideas for different bullying situations. One idea is to practise strategies at home to help your child feel more confident.
- 5. Contact** the school. Your child may be reluctant for you to do this, so discuss the idea and reassure them that the school would want to know and is able to help. Make an appointment to meet with your child's teacher and, if you need to, ask to talk with the principal. Contact the school immediately if you have a concern about your child's safety.
- 6. Check in regularly** with your child. Keep the conversation going. It can take time to resolve issues, so check in regularly with your child about their experiences and their feelings. Your ongoing support is important.

#### If your child talks to you about bullying:

- 1. Listen** calmly and get the full story.
- 2. Reassure** your child that they are not to blame.
- 3. Ask** your child what they want to do about it and how you can help.
- 4. Visit** [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au) to find some strategies.
- 5. Contact** the school.
- 6. Check in** regularly with your child.





THE  
*One Million Stars*  
*to End Violence*  
PROJECT

## Weave a star, start a conversation!

Take a stand against violence with Traralgon College!

Come join us to weave a star with the One Million Stars to End Violence project at lunchtime in the library Friday 17<sup>th</sup> March.

All stars will feature in a large scale public art installation during the Gold Coast 2018 Commonwealth Games, sending a visible message of hope and compassion around the world.

## What is bullying?

Bullying is an ongoing misuse of power in relationships through repeated verbal, physical and/or social behaviour that causes physical and/or psychological harm. It can involve an individual or a group misusing their power over one or more persons. Bullying can happen in person or online, and it can be obvious (overt) or hidden (covert).

Bullying of any form or for any reason can have long-term effects on those involved, including bystanders.

## Type of behaviour – verbal, physical and social

There are three types of bullying behaviour:

- **Verbal bullying** which includes name calling or insulting someone about physical characteristics such as their weight or height, or other attributes including race, sexuality, culture, or religion
- **Physical bullying** which includes hitting or otherwise hurting someone, shoving or intimidating another person, or damaging or stealing their belongings
- **Social bullying** which includes consistently excluding another person or sharing information or images that will have a harmful effect on the other person.

If any of these behaviours occur only once, or are part of a conflict between equals (no matter how inappropriate) they are not bullying. The behaviours alone don't define bullying.

Verbal, physical and social bullying can occur in person or online, directly or indirectly, overtly or covertly.

## Self-help strategies to deal with being bullied.

- Try not to argue with the bully as this will only please them more.
- Act confident and try not to show that you are upset.
- Don't always believe what a bully says about you – they say things to hurt you, not necessarily because it's true.
- Should the bullying continue after you have tried a range of strategies to end the behaviour, there are additional strategies you can use.
- Seek out trusted adult within the school.

**BULLYING. NO WAY!**  
TAKE A STAND  
TOGETHER

[www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au)

- For really serious bullying, reports can be made to the police.

If you are looking for support for yourself to deal with a bullying situation, you will find ideas on the Bullying. No Way! website for parents. As well, please contact the school if you would like to discuss any aspect of our approach to preventing bullying.

Thanks for your support to make our school a great school for everyone.