

# You Are Not Alone: A Guide to Recognising Bullying



## What is Bullying?

At Dolly's Dream, we understand that bullying can lead to anxiety, depression, and, in the most devastating cases, suicide. Please know that help and support are always available.

Bullying is behaviour which causes harm and is done deliberately and repeatedly - more than once. It is characterised by inequality and an abuse of power.

What if you're unsure? It's normal to feel worried when you suspect bullying but aren't sure how to respond. You're not alone - we're here to help you recognise the signs and know what to do next.



## Bullying Can Be:

<b>Physical</b>	Such as hitting, shoving, tripping or kicking
<b>Verbal</b>	Such as insults, threats, or nasty teasing
<b>Social</b>	Such as spreading ugly rumours or telling people not to be friends with someone
<b>Cyber</b>	Such as spreading nasty gossip about someone online or posting embarrassing pictures without their permission
<b>Emotional</b>	Such as manipulating, gaslighting, or intentionally making someone feel worthless or afraid.



# Spot the Signs of Bullying



- Your child comes home with torn, damaged, or missing pieces of clothing, books, or other belongings
- Has few, if any, friends with whom he or she spends time
- Seems afraid of going to school, walking to and from school, riding the school bus, or taking part in organised activities with peers
- Finds or makes up excuses as to why they can't go to school
- Has lost interest in schoolwork or suddenly begins to do poorly in school
- Appears sad, moody, teary, or depressed when he or she comes home
- Complains frequently of headaches, stomach aches or other physical ailments
- Has trouble sleeping or has frequent bad dreams
- Experiences a loss of appetite
- Appears anxious and suffers from low self-esteem



## WE'RE HERE FOR YOU

If you're feeling unsure about what to do or where to turn, we're here to support you and your family every step of the way.

### Dolly's Dream Support Line **0488 881 033**

Free, confidential counselling for families and children, ensuring help is always within reach. Call **0488 881 033**.

### Dolly's Dream Parent Hub

We do the research for you and provide trusted, easy-to-read articles with regularly updated information about online safety and bullying.

### Beacon Cyber-Safety App **beacon**

A free app providing practical tools and trusted resources to help families navigate technology and reduce online harms.



### Advocacy



We raise awareness of the devastating impact of bullying through education and community initiatives, including Do It For Dolly Day.