

# ARE YOU OR A FRIEND BEING BULLIED



Bullying is never okay. Bullying can make you feel down and often it will not stop unless you do something about it.

If **you're** being bullied, **you** can:



Talk to a parent or teacher – if people don't know that it's happening, they can't help you.



Keep a record of what happened, who was involved and where it happened.



Get involved in clubs or activities at school where you'll be safe.



Look around for other friendship groups.

Bullies win when **you're** upset:



**KEEP CALM**

Keep calm – try not to respond emotionally, this only encourages them.



yeah, whatever



oh, ok

Make laidback comments like, "yeah, whatever" or "oh, ok".



Pretend to agree... "Yep, that's right, I've got red hair. Tried dyeing it but decided it was better red than green".



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Foundation**

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## If the bullying is **online**:

-  Block people who are sending bullying messages.
-  Keep the messages as evidence of the bullying, but don't look at them yourself.
-  Change passwords.
-  Don't retaliate.
-  Talk to a friend, parent or teacher.

**If you are threatened or told to harm yourself, report the abuse to the police and also the social media site or ISP.**

## If **someone else** is being bullied:



Support the bullied person to ask for help; go with them to report the problem or letting them know where they can go to for help.



Tell someone who you feel could help and do something about the situation.



Leave a bullying situation – watching or encouraging bullying involves you too.

Stay away from harassing, teasing or spreading gossip about others on or offline.



Don't create, forward or respond to offensive or upsetting messages or photos.

If you're feeling distressed and need immediate help, call Lifeline on 13 11 14. You can also go to Kids Helpline at [www.kidshelpline.com.au](http://www.kidshelpline.com.au) or Headspace at [www.headspace.org.au](http://www.headspace.org.au) to chat to someone.



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