

# Bullying...

## Information for Parents

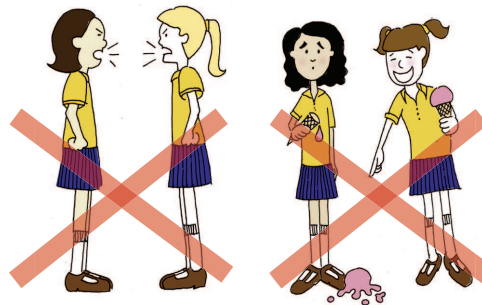
### Bullying is

- 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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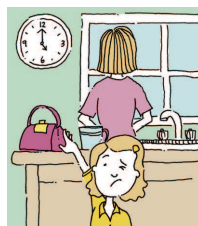
Not doing as well at school

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Lacking confidence

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Asking for or stealing money  
(to pay to bullies)

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# Is my child being bullied?

If so, they might be:



Upset

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Coming home with bruises,  
cuts or scratches

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Bullying other people

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# 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

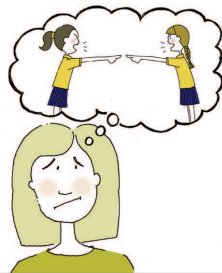


# What can I DO if my child is being bullied?



## 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?



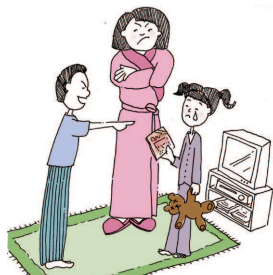
**Report any bullying (even if it does not involve your child)**



**Tell them why bullying is wrong**



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



**Don't**

**Accept bullying in the house**



## For further information



### 1. Talk to your child's teacher

### 2. Visit the following websites

#### **Safe Schools are Effective Schools**

[www.sofweb.edu.au/wellbeing/safeschools/bullying/index.htm](http://www.sofweb.edu.au/wellbeing/safeschools/bullying/index.htm)

#### **Student Code of Conduct**

[www.sofweb.vic.edu.au/wellbeing/welfare/conduct.htm](http://www.sofweb.vic.edu.au/wellbeing/welfare/conduct.htm)

#### **Bullying. No Way!**

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



### 3. Contact your Department of Education & Training regional office

<b>Regional Office</b>	<b>Phone Number</b>
Barwon South Western	03 5279 4444
Eastern Metropolitan	03 9881 0200
Gippsland	03 5127 0400
Grampians	03 5337 8444
Hume	03 5761 2100
Loddon Mallee	03 5440 3111
Northern Metropolitan	03 9488 9488
Southern Metropolitan	03 9794 3555
Western Metropolitan	03 9291 6500