

BULLYING

How should I respond?

Responding in a mature, dignified fashion is a challenge when confronted with this childish, intimidating and often aggressive behaviour. These hints allow you to respond as well as possible:

- Stand your ground
- Look the bully in the eyes
- Look relaxed
- Tell the bully to stop or
- Agree with the bully or
- Try to change the topic
- Plan to walk away at the earliest possible time
- When walking away keep head up and eyes forward (never look back) and maintain the same steady pace
- Report it to any adult in the school you feel comfortable with

Remember, if you feel hurt, offended, humiliated, threatened or frightened by someone's behaviour, you have a right to make a complaint about it.

If you don't report it, you run the risk of having it happen to someone else as well.

BULLYING

What should I avoid?

Bullies are a challenge to handle whenever you are confronted with this type of nasty aggressive behaviour.

Adults, as well as young people, find bullying behaviour a challenge to manage when it happens to them. It is important to do something when it happens, even if it is just sharing the incident privately with someone you trust.

Be careful to **avoid** the following behaviours with bullies, as these can tend to inflame the situation:

- Fighting or arguing back
- Touching the bully
- Backing away, running away, jumping around
- Looking back as you walk away
- Talking back as they walk away
- Looking for revenge
- Talking about revenge

Taking the Bully by the Horns

BULLYING

What is it?

Bullying causes people to feel humiliated, offended, frightened, uncomfortable, hurt and/or intimidated. People are often unaware of the broad range of words and actions that are regarded as bullying. These may include:

Physical

- Shoving, hitting, beating
- Being ignored or left out
- Tripping and/or kicking
- Nasty looks
- Hurtful use of cyberspace through the internet or mobile phones

Emotional

- Name-calling and gossip
- Verbal abuse
- Threatening gestures
- Stalking
- Spreading rumors
- Hiding people's belongings

These behaviours are nasty and hurtful and not acceptable at Robina State High School.

BULLYING

What are the effects of it on the victim?

Bullying has both obvious and understated effects on victims. They may include:

- Unhappiness and distress
- Withdrawal
- Poor self esteem
- Depression
- Increased absence
- Poor academic progress
- Avoidance of activities
- Fear of going out
- Self-harm

BULLYING

How common is it?

1 in 10 students report that they are commonly bullied in Australian schools.

1 in 6 students report being bullied at least once per week in Australian schools.

It is reported that bullying in Australian schools is about as prevalent in Australian schools as overseas schools.

Many adults report being bullied, both in the workplace and in the general community.

BULLYING

What are some myths and false beliefs?

There are a number of things that people believe about bullying that research has discovered are NOT correct:

- It only happens to "me"
- If you don't do anything, it will go away eventually
- People are reluctant to get involved
- People do not know how to help
- Others will not change anything
- The intervention of others is ineffective
- Telling others will only bring more harassment