



A Parent's Guide to

BULLYING

What it is and what it isn't

What is Bullying?

"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 or hidden" - *'Bullying No Way', the National Australian definition.*

What Isn't Bullying?

"Single incidents and conflict or fights between equals, whether in person or online" - *'Bullying No Way', the National Australian definition.*

Some Examples...



Bullying	Not Bullying
Teasing and taunting Making inappropriate sexual comments Deliberately hurting someone's reputation Hitting Threatening and intimidating Stealing or damaging belongings Cyber bullying – spreading rumours/insults	Excluding someone Disliking someone Accidental physical harm – bumping into etc Being "bossy" Telling a joke about someone (once) Arguments Sharing unpleasant thoughts of others

Know your child's warning signs

- Disconnects from people and isolates self
- Physical problems such as headaches and stomach aches
- Difficulty concentrating
- Difficulty falling/staying asleep or experiences frequent nightmares
- Seems listless, unenthusiastic and disinterested in many aspects of life
- Hyper vigilant, extremely nervous, depressed or emotionally explosive

