

PARENT INFORMATION SHEET

WHAT IS BULLYING?

Bullying is when an individual or group uses its power & strength to repeatedly, deliberately & intentionally use words or actions against another or a group that hurts, threatens, excludes, harasses, humiliates verbally, physically, psychologically or electronically making the victim feel oppressed, traumatized & powerless.

WHAT IS NOT BULLYING?

- Disliking someone
- Bad moods / arguments / being "Bossy"
- Accidental physical harm
- Telling a joke about someone once
- Not playing with someone or choosing different people or groups to play with

WHAT IS CYBER BULLYING?

Sending abusive texts, stalking, making threats, abusive emails, posting unkind messages or inappropriate images on sites, imitating and deliberately excluding others online.

BULLYING

- Face to Face
- Can find a safe space or escape
- Limited to onlookers
- Bully can be identified
- Can see facial and body reaction of target and onlookers

CYBER BULLYING

- 24H a day, 7 days a week, 365 days a year
- No safe space – hard to escape
- Shared by a wide audience – can go viral in a matter of seconds
- Bully can be anonymous
- Harder to empathize with the target
- No geographical limitations
- The target can easily become the bully

ENCOURAGE YOUR CHILDREN TO:

- Be critical thinkers
- Have empathy for others
- Respect themselves and those around them

As a parent learn the language, play the games, research the apps they use, remove technology from the bedroom, talk to your children about being safe online, don't ban devices and remember to role model positive behaviour.



NEED TO TALK TO SOMEONE OR REPORT BULLYING BEHAVIOUR?

If you are experiencing violence or threats of violence, immediately report incident to police.

ALL EMERGENCY AND LIFE THREATENING INCIDENTS
CALL TRIPLE ZERO **000**

The Office of the eSafety Commissioner

1800 880 176
esafety.gov.au

Kids Helpline **eHeadspace** **Beyondblue**
1800 551 800 **1800 650 890** **1300 22 4636**
kidshelpline.com.au eheadspace.org.au beyondblue.org.au

Lawstuff **Lifeline**
02 9385 9588 **13 11 14**
lawstuff.org.au lifeline.org.au

RESOURCES:

Bully Zero
bullyzero.org.au
Bullying. No Way!
bullyingnoway.gov.au

PARENTAL CONTROL TOOLS:
(Selected Internet Service Providers)

Family Zone
familyzone.com/au
Net Nanny
netnanny.com
Think U Know
thinkuknow.org.au
Common Sense Media
commonsensemedia.org
OurPact (Free App)
ourpact.com
Life360 (Free App)
life360.com