

**BULLYING.
NO WAY!**

**TAKE A STAND
TOGETHER**

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Take a Stand Together is a free app that has tips and advice about bullying.



Need help now?

Kids Helpline www.kidshelpline.com.au

1800 551 800

headspace www.headspace.org.au

1800 650 890

Online bullying www.esafety.gov.au

www.bullyingnoway.gov.au

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Student tips about bullying

If it happens in person, try these:

- ignore them (try not to show any reaction)
- tell them to stop and then walk away
- pretend you don't care
- go somewhere safe
- get support from your friends.

Different things work for different types of bullying.

If it happens online, try these:

- avoid responding to the bullying
- block and report anyone who is bullying online
- protect yourself online – use privacy settings and keep records.

If you see someone being bullied:

- leave negative online conversations – don't join in
- support others being bullied.

If it doesn't stop:

- talk to an adult (parent, teacher) who can help stop the bullying
- keep asking for support until the bullying stops.

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If your child talks to you about bullying:

1. **Listen** calmly and get the full story.
2. **Reassure** your child that they are not to blame.
3. **Ask** your child what they want to do about it and how you can help.
4. **Visit** www.bullyingnoway.gov.au to find some strategies.
5. **Contact** the school.
6. **Check in** regularly with your child.