



PARENT INFORMATION

What is bullying?

Bullying is when an individual or group uses its power and strength to repeatedly, deliberately and 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 and powerless.

What is cyberbullying?

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

What bullying is not

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

Traditional 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.

VS

Cyberbullying

- 24 hours 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.

Cyberbullying

As a parent learn the language, play the games, research the apps they use, role model positive behaviour but don't ban devices.

Encourage your children to:

Be critical thinkers.
Have empathy for others.
Respect themselves and those around them.
Take responsibility for their actions.

Be resilient.
Remove technology from the bedroom.
Talk about being safe online.

HELP AND RESOURCES

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

All emergency and life-threatening incidents call **TRIPLE ZERO 000**

The Office of the eSafety Commissioner

1800 880 176
www.esafety.gov.au

Kids Helpline

1800 551 800
www.kidshelpline.com.au

Lifeline

13 11 14
www.lifeline.org.au

eHeadspace

1800 650 890
www.eheadspace.org.au

Beyondblue

1300 224 636
www.beyondblue.org.au

Lawstuff

www.lawstuff.org.au

BULLY ZERO™

www.bullyzero.org.au

Bullying. No Way!

www.bullyingnoway.gov.au

Think U Know

www.thinkuknow.org.au

Common Sense Media

www.common sense media.org

PARENTAL CONTROLS

Internet service providers e.g. Telstra, Optus, Dodo, TPG

Family Zone

www.familyzone.com/au

Net Nanny

www.netnanny.com

OurPact (free app)

www.ourpact.com

Life360 (free app)

www.life360.com

Want to make an impact? Support BULLY ZERO™ by sponsoring our education programs across Australia, visit our website for more information.

[03] 9094 3718 - www.bullyzero.org.au

