

ARE YOU BEING BULLIED AND NEED HELP NOW?

**NEED TO TALK TO SOMEONE?
HEADSPACE, KIDS HELPLINE
& LIFELINE CAN HELP:**



headspace.org.au 1800 650 890

headspace helps young people aged
12-25 years who are going through a
tough time.



kidshelpline.com.au 1800 55 1800

Kids Helpline offers a 24/7 telephone
and online counselling and support
service for young people aged 5-25
years.



lifeline.org.au 13 11 14

Lifeline provides crisis support 24
hours a day, 7 days a week for all
ages. Call 13 11 14 or chat online
every night.



TAKE ACTION!

LOOK at the kid or kids bullying
you, tell them to stop in a calm, clear
voice

WALK away, if speaking up is too
hard

LAUGH it off - if possible - to
catch the person bullying you off
guard

FIND an adult to stop the bullying

TALK to a trusted adult; never
keep your feelings inside

STAY near adults and other kids
and away from places bullying occurs

MAKE a plan to stop bullying
with a trusted adult

**EVERYONE HAS THE RIGHT TO LIVE, WORK,
STUDY AND PLAY IN AN ENVIRONMENT
FREE FROM BULLYING, HARASSMENT,
DISCRIMINATION AND VIOLENCE.
NO ONE DESERVES OR ASKS TO BE BULLIED.**

#BLIND EYES OPEN

www.thebullyproject.com.au

WHAT TO DO WHEN YOU SEE BULLYING...

TAKE ACTION!

REFUSE TO BE A BYSTANDER. If you see friends or classmates laughing along with the bullying, tell them that they are contributing to the problem. Never join in.

LEND A HAND. Ask the person who is being left out or picked on to join you and fellow Upstanders in an activity.

ALERT AN ADULT. Always notify a teacher or school administrator whenever you see someone being bullied.

STOP THE SPREAD OF HURTFUL MESSAGES. If someone sends you a message or tells you a rumour that is untrue, speak out. Let them know that this behaviour is not funny or cool.

BE A FRIEND. Welcome new students. Make friends outside of your circle. Eat lunch with someone who is eating alone.

RESPECT DIFFERENCES. Remind others that differences are something to be celebrated, not used to hurt others or make others feel inferior.