Tips for Parents To Help Your Child If They Encounter Bullies

- Stay calm and be positive
- Talk to your child – Get the **full** story. Reassure they are not to blame. Discuss the Yandina State School's ‘**High 5 Strategy**’

![High 5 Strategy Image]

- Report the bullying to the school
- Do not reverse the bullying – Do not approach, talk to/contact or stare at the other child. Do not advise your child to fight the other child
- Seek help for your child if needed – See your teacher, principal or visit [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au) for more ideas.
- Check in regularly with your child
Tips For Parents To Help If Your Child Is Doing The Bullying

- Discuss with your child why they might be behaving this way
- Discuss the behaviours with the school
  - A consistent and co-operative approach by both the home and school is important
- Consider what's going on at home
- Explain why bullying is unacceptable
  - Invest time to talk to your child and explain how bullying impacts the lives of others
- Make clear rules and consequences for their behaviour
- Seek Help for your child if needed – See your teacher, principal or visit www.bullyingnoway.gov.au for more ideas
- Check in regularly with your child

Bullying is 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 (overt) or hidden (covert). Single incidents and conflicts or fights between equals, whether in person or online, are not defined as bullying.

In short, bullying is an ongoing misuse of power involving a pattern of harmful verbal, physical or social behaviour.

Is every conflict between students bullying?
Not all aggressive or harmful behaviour between people is bullying. While conflicts and aggressive behaviour need to be addressed, it is important to be clear when these behaviours are not actually bullying.

The definition of bullying has three critical aspects - a repeated pattern, the misuse of power within relationships, and behaviour which causes harm; all three aspects need to be present in order for behaviour to be called bullying.