

For primary school students



**Bullying is**

**NEVER OK!**

## Tips for primary school students who experience bullying

Bullying is when a person, or a group of people, tries to upset or hurt you. Bullying can make you feel very sad, scared or upset. Bullying can happen anywhere — in person or online. When it happens online it is often called cyberbullying.

### Bullying in person or online might look or feel like someone is:

- repeatedly saying mean words to your face, teasing you, hurting your body or damaging your things
- hurting your feelings through mean online posts, comments or messages
- spreading lies about you
- leaving you out or ignoring you
- sharing something online that will make you feel bad, like a photo or video that you don't want anyone to see
- threatening to do any of the things on this list.

### No one deserves to be bullied or hurt. You can choose to:

- treat others how you would like to be treated — with kindness and respect
- include others in games and chats
- only share something about others if they say it's okay.

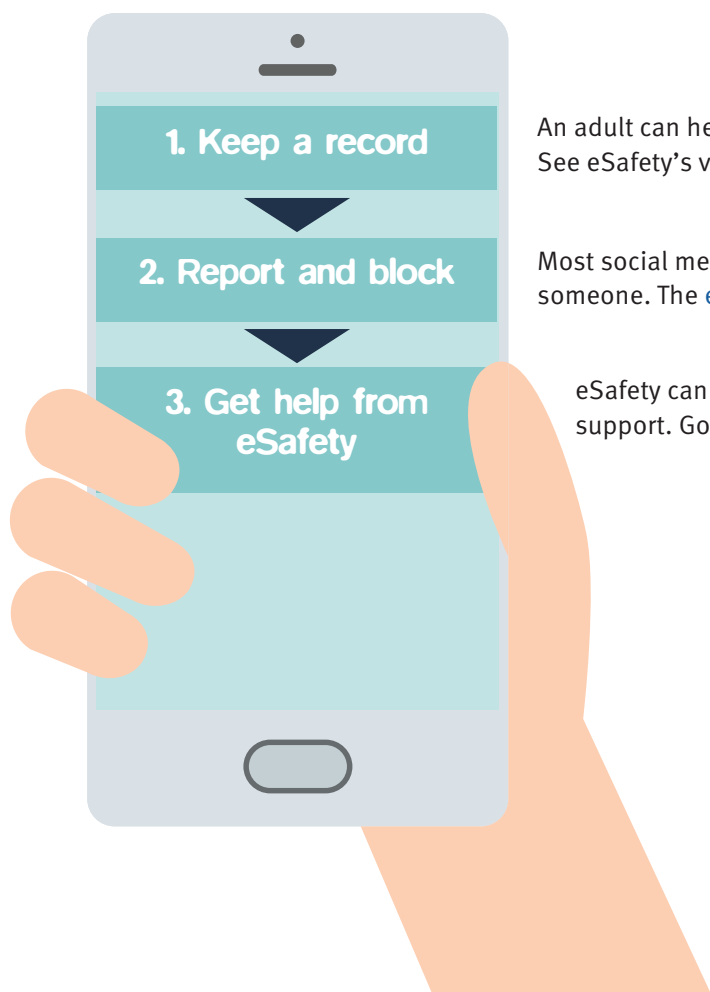
## You have the right to feel safe and be safe. Here are some ideas about what you can do if someone is bullying you:

- If they are doing it to your face, tell them to stop and then walk away.
- Find somewhere safe and get help from a friend or trusted adult.
- Don't respond if they are doing it to you online.
- Protect yourself online by unfriending them or using privacy settings to block them.

## It's okay to ask for help if you are being bullied or see it happening to someone else. You can speak to:

- **a trusted adult** — this could be a parent or carer, an adult friend, or an aunty or uncle who will listen and help you
- **your teacher or principal** — you can talk to your teacher about the bullying and how to stop it
- **your friends** — they can listen to you and help you get support
- **Kids Helpline** — they have counsellors available at any time who will listen and help you work out what to do
- **the police** — if you are in immediate danger, call the police
- **the eSafety team** — you can report serious cyberbullying (see the steps below).

## Reporting cyberbullying



An adult can help you take screenshots or keep a record of the cyberbullying. See eSafety's videos on [how to take screen shots](#).

Most social media services, games and apps have a way to report and block someone. The [eSafety Guide](#) shows you how.

eSafety can help to remove serious cyberbullying content and get you support. Go to [eSafety kids](#) to learn more about how eSafety can help.

### Important links

<b>Bullying. No Way!</b>	<a href="http://bullyingnoway.gov.au">bullyingnoway.gov.au</a>
<b>eSafety kids</b>	<a href="http://esafety.gov.au/kids">esafety.gov.au/kids</a>
<b>eSafety Guide</b>	<a href="http://esafety.gov.au/esafety-guide">esafety.gov.au/esafety-guide</a>
<b>eSafety Report</b>	<a href="http://esafety.gov.au/report">esafety.gov.au/report</a>
<b>Kids Helpline</b>	<a href="http://kidshelpline.com.au">kidshelpline.com.au</a>