# Bullying prevention for schools

## What we know

Bullying is an **ongoing misuse of power** in relationships through **repeated verbal, physical and/or social behaviour** that causes physical and/or psychological **harm**.

Read the full definition at <http://bullyingnoway.gov.au/WhatIsBullying>

**Bullying:**

* is a challenging social issue
* should be taken seriously
* is dynamic and complex
* involves students in varying roles in peer groups
* can be reduced and prevented
* can have lasting negative impacts
* requires multifaceted approaches
* needs individual and group level responses.

## What works

### Effective practices

Explicit teaching of school values and positive behaviour

Fostering a positive school climate

Integration of social-emotional learning

Proactive support and teaching of practical strategies

Whole school and multifaceted approaches

Involving students and families in bullying prevention and policy

Teaching bystander strategies

Being prepared with effective responses

### Positive teacher-student relationships

Respect for students

Shared understating of bullying

Appreciation for students’ perspective about their social interactions

Consistent, calm and respectful responses

A focus on lasting, positive solutions

### Positive family relationships

Parenting that is calm and firm

Proactive discussions at home about bullying

Learning about effective responses

A focus on lasting, positive outcomes

Collaboration with the school

*Sources can be found at:*   
https://bullyingnoway.gov.au/understanding-bullying/bullying-research

## Facts and figures

Approximately one in four Year 4 to Year 9 Australian students (27%) reported being bullied every few weeks or more often.

Students may not report bullying to the school because they fear not being believed or making things worse.

Approximately one in five school students reported experiencing online bullying in any one year.

In 85% of bullying interactions, peers are present as onlookers, and play a central role in the bullying process.

Hurtful teasing was the most common bullying behaviours reported, followed by having hurtful lies told about them.

32% of Year 5s and 29% of Year 8s reported frequent school bullying.

Students often tell parents about bullying rather than anyone else.

Enhancing social status with peers is the most commonly reported motivator for bullying.

83% of students who bully others online also bully others in person.

84% of students who were bullied online were also bullied in person.

Students 10 to 15 years of age are the most likely to be involved in online bullying.

72% of schools reported managing at least one incident of online bullying in the previous year.

A shared definition and understanding is critical to finding positive and lasting solutions for everyone involved.

### The national definition of bullying for Australian schools is the starting point for bullying prevention.

*Bullying is an* ***ongoing and deliberate misuse of power*** *in relationships through* ***repeated verbal, physical and/or social behaviour*** *that intends to cause physical, social and/or psychological* ***harm****. It can involve an individual or a group misusing their power, or perceived power, over one or more persons who feel unable to stop it from happening.*

*Bullying can happen* ***in person or online****, via various digital platforms and devices and it can be* ***obvious*** *(overt) or* ***hidden*** *(covert). Bullying behaviour is repeated, or has the potential to be repeated, over time (for example, through sharing of digital records).*

*Bullying of any form or for any reason can have* ***immediate, medium and long-term effects*** *on those involved, including* ***bystanders****. Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying.*

### Read more about effective ways to prevent bullying at Bullying. No Way! www.bullyingnoway.gov.au