

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.

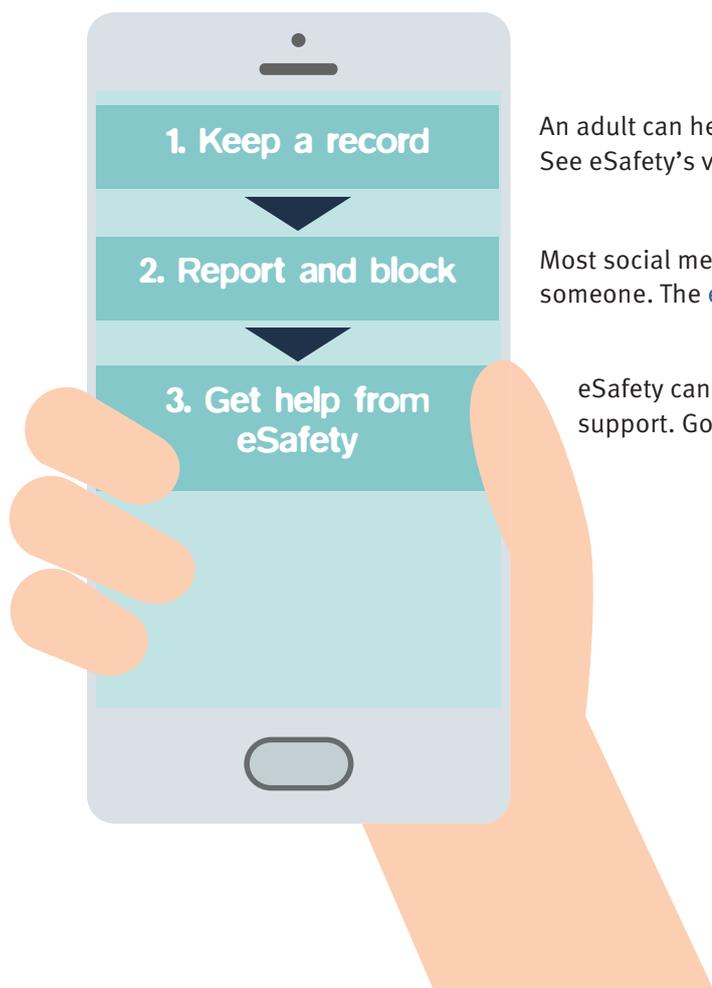
You have the right to feel safe and be safe. Here are some ideas about what you can do if someone is bullying you:

- 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

Bullying. No Way!	bullyingnoway.gov.au
eSafety kids	esafety.gov.au/kids
eSafety Guide	esafety.gov.au/esafety-guide
eSafety Report	esafety.gov.au/report
Kids Helpline	kidshelpline.com.au