



Bullying in the playground

'There is something you must always remember. You are braver than you believe, stronger than you seem, and smarter than you think.'

– Winnie the Po

★ What is bullying? Bullying includes many things, such as someone:

- calling you a name or saying hurtful things to you
- taking money or food from you
- swearing at you
- pushing you around
- hurting your body in any way, such as pushing, pinching, punching or kicking you
- leaving you out or ignoring you

www.kidshelpline.com.au

★ Did you know? Between 1 in 5 and 1 in 7 students report being bullied once a week or more.

Generally verbal bullying such as name calling is the most common form of bullying.

Physical bullying is the least common form of bullying.

Bullying most often occurs in the last years of primary school and the first couple of years at high school.

www.bullyingnoway.com.au

Activity

Draw a line down the middle of a piece of paper. On one side, draw a picture of someone who might be bullied.

What do they look like? How do they feel? Write these feelings on your paper.

On the other side, draw a picture of someone who might bully others.

What do they look like? Why do you think they might bully other kids? Write these feelings on your paper.

Do you think that a bully ever feels sad and lonely?

Do you think they know that they make others feel this way?



Case study: Sarah

Kids Helpline helped me when the kids at school were teasing me. I don't have many friends and when I got new glasses, things got worse and I got teased even more. I really wanted the other kids to like me so I did something dumb just to try to look cool. I stole something from the shops. I felt so bad about it though when I rang Kids Helpline. I've never done anything like that before. I just wanted the girls at school to like me.

The counsellor explained that I shouldn't feel bad about being a bit different and not really fitting in. She suggested I talk to a teacher I trust and ask if my school had rules about bullying.

I'm so glad I rang Kids Helpline. I made a mistake but kind of understand why now and I'll never do it again. I told my parents too and told them why it happened. They've promised to help me learn ways to handle kids who give me a hard time, and they said they would go to see the Principal about what had been happening with the teasing. It felt great to realise I could tell mum and dad and my teacher about all of this. I don't feel so alone now.

If you are being bullied at school and would like someone to talk to, you can call Kids Helpline. It's a free call. Phone: 1800 55 1800





The Kids Who Are Different

By Digby Wolfe

*Here's to the kids who are
different;*

*The kids who don't always
get A's;*

*The kids who are twice the
size of their peers,*

*Or who have noses that go
on for days.*

*Here's to the kids who are
different;*

*The kids who are just out
of step,*

*The kids they all tease,
who have cuts on their
knees,*

*And whose sneakers are
constantly wet.*

*Here's to the kids who are
different;*

*The kids with a
mischievous streak,*

For when they have grown,

As history has shown,

*It's their differences that
make them unique.*

Bullying can be hurtful to others...

Children who are bullied often feel worried, scared and afraid. Sometimes they might feel nervous because they don't know when the bullying will happen again.

Children who are bullied can feel very sad if they are constantly put down by others. This can make them feel alone and that they're not worth

anything. Sometimes this can make it hard for them to make friends with other kids.

We need to remember that everyone is unique and has the right to be different. We all look different, think differently and even have different beliefs and opinions, but everyone deserves the same amount of respect.

What can I do to help?

There are many things that you can do as a group to address the issue of bullying and discrimination at your school.

Perhaps you can start by raising awareness about this issue. You could make some posters to let everyone know that it's not ok to bully and tease others.

Maybe you can talk with a teacher or your school Principal about starting a peer support group at your school. This can be a place for those who are feeling alone or upset to talk to a friendly person.

If you are being bullied or teased, tell someone about it! A teacher can be a good person to talk to about this and they may be able help you to find ways to stop it from happening.

Finally, if you see someone being teased on the playground, don't pretend to ignore it. Let the person know it's not ok to bully others, and make sure the person who is being bullied is ok. Everyone should be treated with respect.

For more information go to:

Bullying. No Way! www.bullyingnoway.com.au

Reach Out www.reachout.com.au

National Centre Against Bullying www.ncab.org.au

Inside Outed www.insideouted.com.au

Kids Help Line www.kidshelpline.com.au

