



# PARENT INFORMATION

## What is bullying?

Bullying is when an individual or group uses its power and strength to repeatedly, deliberately and intentionally use words or actions against another or a group that hurts, threatens, excludes, harasses, humiliates verbally, physically, psychologically or electronically making the victim feel oppressed, traumatized and powerless.

## What is cyberbullying?

Sending abusive texts, stalking, making threats, abusive emails, posting unkind messages or inappropriate images on sites, intimidating and deliberately excluding others online.

## What bullying is not

- Disliking someone.
- Bad moods/ arguments/ being “bossy”.
- Accidental or once off incidents physical harm.
- Telling a joke about someone once.
- Not playing with someone or choosing different people/ groups to play with.

## Traditional Bullying

- Face to face.
- Can find a safe space or escape.
- Limited to onlookers.
- Bully can be identified.
- Can see facial and body reaction of target and onlookers.

## VS

## Cyberbullying

- 24 hours a day, 7 days a week, 365 days a year.
- No safe space- hard to escape.
- Shared by a wide audience, can go viral in a matter of seconds.
- Bully can be anonymous.
- Harder to empathize with the target.
- No geographical limitations.
- The target can easily become the bully.

## Cyberbullying

As a parent learn the language, play the games, research the apps they use, role model positive behaviour but don't ban devices.

### Encourage your children to:

Be critical thinkers.  
Have empathy for others.  
Respect themselves and those around them.  
Take responsibility for their actions.

Be resilient.  
Remove technology from the bedroom.  
Talk about being safe online.

## HELP AND RESOURCES

If you are experiencing violence or threats of violence, immediately report the incident to police.

All emergency and life-threatening incidents call **TRIPLE ZERO 000**

### The Office of the eSafety Commissioner

1800 880 176  
[www.esafety.gov.au](http://www.esafety.gov.au)

### Kids Helpline

1800 551 800  
[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

### Lifeline

13 11 14  
[www.lifeline.org.au](http://www.lifeline.org.au)

### eHeadspace

1800 650 890  
[www.eheadspace.org.au](http://www.eheadspace.org.au)

### Beyondblue

1300 224 636  
[www.beyondblue.org.au](http://www.beyondblue.org.au)

### Lawstuff

[www.lawstuff.org.au](http://www.lawstuff.org.au)

### BULLY ZERO™

[www.bullyzero.org.au](http://www.bullyzero.org.au)

### Bullying. No Way!

[www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au)

### Think U Know

[www.thinkuknow.org.au](http://www.thinkuknow.org.au)

### Common Sense Media

[www.common sense media.org](http://www.common sense media.org)

## PARENTAL CONTROLS

Internet service providers e.g. Telstra, Optus, Dodo, TPG

### Family Zone

[www.familyzone.com/au](http://www.familyzone.com/au)

### Net Nanny

[www.netnanny.com](http://www.netnanny.com)

### OurPact (free app)

[www.ourpact.com](http://www.ourpact.com)

### Life360 (free app)

[www.life360.com](http://www.life360.com)

Want to make an impact? Support BULLY ZERO™ by sponsoring our education programs across Australia, visit our website for more information.

[03] 9094 3718 - [www.bullyzero.org.au](http://www.bullyzero.org.au)

