Bullying prevention for schools

What we know

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.

Read the full definition at https://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

Positive teacher-student relationships

- Respect for students
- Shared understanding of bullying
- Appreciation for students’ perspective about their social interactions
- Consistent, calm and respectful responses
- A focus on lasting, positive solutions

What works

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

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

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

Sources can be found at: https://bullyingnoway.gov.au/UnderstandingBullying/BullyingResearch/Pages/Research-for-schools.aspx