**Transcript – Bullying is Never OK!**

Today, we’re talking about bullying.

(What is bullying?)

Bullying is…

Bullying, I guess, is a force that weighs people down.

Bullying is when someone physically or mentally hurts you.

It’s different for everyone and it happens in many different ways.

It can be spreading lies about people.

Hurting someone with words and actions again.

And again.

And again.

Making fun of others because of their race or what they look like.

It’s bad.

Bullying can happen to anyone.

It can be anywhere.

Bullying can happen at home, at school, at work.

It can happen across the internet.

When it happens online, it’s called

Cyberbullying.

Cyberbullying happens when someone either creates a fake account or uses their own account and spreads nasty things about other people.

Sending awful messages to people or DMs on Instagram.

It can even be leaving people out of group chats intentionally.

It might be obvious or hidden.

(Bullying feels like…)

It’s very emotionally labouring and that it can affect my schoolwork and other aspects of my life.

Bullying can make you feel like there’s no one else around you.

I wouldn’t know who to talk to.

You just feel so down.

Alienated.

Sad and a little bit angry.

Hurt and excluded and –

Unempowered.

Inferior.

Useless.

Makes me feel like I just wanna scream.

Can make you feel bad about yourself.

Really, really bad. Like they might be asking, “Why am I like this?”

And it has quite long-term effects.

I don’t think I’d be myself all the time ‘cause I’ll be worried someone’s gonna judge me.

And like you might wanna do it back but inside you really know that you shouldn’t.

(So, what can we do?)

Take action early, don’t wait.

You need to know that you’re not alone.

No, you’re not alone when you’re being bullied. You have so many people to help you.

You can do much more things when you have friends by your side.

Talk to your friends.

Talk to someone as soon as it starts to happen.

So that it doesn’t escalate and become a bigger problem.

Go and tell a teacher.

One of your brothers or sisters.

You could tell a parent.

Some guardian.

School counsellors.

Or guidance officers.

Or maybe just say, “Hey, stop, I don’t like it”.

Maybe you can –

Just walk away.

Let’s just walk away.

Try to stay positive.

And just trying not to think about what other people are saying.

Make sure that you’re confident within yourself.

Whatever they’re saying can’t bring you down.

There’s no point for you try to change yourself to impress other people.

Bullying is not your fault.

You’re not this and I’m not that. We’re all just people together.

(What about cyberbullying?)

Don’t respond to online bullying. It usually just makes it worse.

If you’re being bullied online, take a screenshot.

You can use it as evidence to show your parents or an adult.

And you can also report them.

Well, you could block people, unfollow them, get rid of your account.

Don’t interact with that person ‘cause they’re a negative influence on your life.

If the bullying is getting really bad and you’ve tried all of this advice, you should go to eSafety for advice.

(Where else can I get help?)

You can go to the Bullying. No Way! website for support.

eSafety.

Headspace. Beyond Blue. Kids Helpline.

That’s a free helpline that you can call any time.

It can give them advice on how to deal with the situation.

They’re not gonna judge you or anything.

(We can choose to…)

Be the solution.

We can choose to be kind to others.

Let kids know that it’s okay to ask for help.

You can start a conversation with your friends.

Working together and finding solutions as a group.

Being part of the solution, not sharing harmful posts.

We could think before we say something that could hurt others.

Be kind.

Don’t say mean words about people.

If you see someone, you know, struggling, you can always help them out.

We can include others in things that we do.

You can say, “Come with me, we can play together”.

We could think how would that feel if it happened to us.

Be kind online.

Be kind online.

Only share information about others that they say is okay.

Accept uniqueness.

People for who they are.

And put all differences aside.

It sounds basic but treat others the way you want to be treated.

You need to know it’s not your fault.

Bullying isn’t nice. We should get less bullies in the world.

(Bullying is…)

Bullying is hurtful.

Unnecessary.

Bullying needs to stop.

Bullying is never okay.

Bullying is never okay.

Never okay.

Never okay.

Are you okay?