

Bullying prevention for schools

What we know

Bullying is the **ongoing misuse of power** in relationships through **repeated verbal, physical and/or social behaviour** that causes physical and/or psychological **harm**

Read the full definition at <https://bullyingnoway.gov.au/WhatsBullying>

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

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**

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

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>

BULLYING. NO WAY!

Bullying in schools facts and figures

Approximately **one in four** Year 4 to Year 9 Australian students (27%) reported being bullied every few weeks or more often.

Lack of a shared **definition** of bullying can hamper finding lasting solutions.

Students **may not report** bullying to the school because they fear not being believed or making things worse.

Approximately **one in five** young school students reported experiencing online bullying in any one year.

In **87%** of bullying interactions, peers are present as onlookers, and play a central role in the bullying process.

Hurtful teasing was the most common bullying behaviour reported, followed by having hurtful lies told about them.

32% of Year 5s and **29%** of Year 8s reported frequent school bullying.

Students often **tell parents** about bullying rather than anyone else.

Enhancing **social status** with peers is the most commonly reported motivator for bullying.

83% of students who bully others online also bully others in person.

84% of students who were bullied online were also bullied in person.

Students **10 to 15 years of age** are the most likely to be involved in online bullying.

72% of schools reported managing at least one incident of online bullying in the previous year.

The national definition of bullying for Australian schools is the starting point for bullying prevention

Bullying is an **ongoing misuse of power** in relationships through **repeated verbal, physical and/or social behaviour** that causes physical and/or psychological **harm**. It can involve an **individual or a group** misusing their power over one or more persons. Bullying can happen **in person or online**, and it can be **obvious** (overt) or **hidden** (covert).

Bullying of any form or for any reason can have **long-term effects** on those involved, including **bystanders**.

Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying. However, these conflicts still need to be addressed and resolved.

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

Sources can be found at: <https://bullyingnoway.gov.au/WhatIsBullying/FactsAndFigures>

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