



# 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**

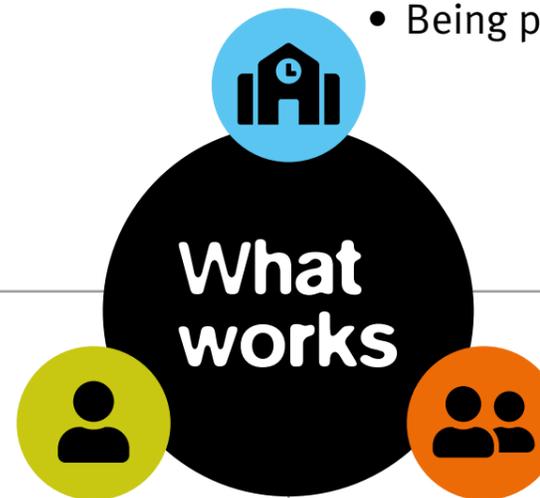
Read the full definition at [www.bullyingnoway.gov.au/understanding-bullying](http://www.bullyingnoway.gov.au/understanding-bullying)

## 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' perspectives** about their social interactions
- **Consistent, calm and respectful** responses
- A focus on **lasting, positive solutions**

### 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



# Bullying in schools facts and figures

 <p>Approximately <b>one in four</b> Year 4 to Year 9 Australian students (27%) reported being bullied every few weeks or more often.</p>	 <p><b>32%</b> of Year 5s and <b>29%</b> of Year 8s reported frequent school bullying.</p>
 <p>Approximately <b>one in five</b> young school students reported experiencing online bullying in any one year.</p>	 <p>Students <b>10 to 15 years of age</b> are the most likely to be involved in online bullying.</p>
 <p><b>Hurtful teasing</b> was the most common bullying behaviour reported, followed by having hurtful lies told about them.</p>	 <p>Enhancing <b>social status</b> with peers is the most commonly reported motivator for bullying.</p>
 <p><b>84%</b> of students who were bullied online were also bullied in person.</p>	 <p><b>83%</b> of students who bully others online also bully others in person.</p>
 <p>Students often <b>tell parents</b> about bullying rather than anyone else.</p>	 <p>Students <b>may not report</b> bullying to the school because they fear not being believed or making things worse.</p>
 <p>In <b>85%</b> of bullying interactions, peers are present as onlookers, and play a central role in the bullying process.</p>	 <p><b>72%</b> of schools reported managing at least one incident of online bullying in the previous year.</p>

A shared definition and understanding is critical to finding positive and lasting solutions for everyone involved.

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

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**. It can involve an **individual or a group** misusing their power, or perceived power, over one or more persons who feel unable to stop it from happening.

Bullying can happen **in person or online**, via various digital platforms and devices and it can be **obvious** (overt) or **hidden** (covert). Bullying behaviour is repeated, or has the potential to be repeated, over time (for example, through sharing of digital records).

Bullying of any form or for any reason can have **immediate, medium and 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.