**Transcript – What is bullying? – National Definition of Bullying**

Bullying can happen anywhere, at school, at home and at work. It can happen to anyone.

Bullying is never ok.

The first step to address bullying is to understand exactly what bullying is.

A formal definition of bullying for Australian schools has been developed by the safe and supportive school communities working group.

This national group includes all state, territory and federal education departments, as well as national catholic and independent schooling representatives.

The definition says 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.

It’s important to know that single incidents and conflict or fights between equals, whether in person or online, are not defined as bully(ing).

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

This definition has been developed as part of the national safe schools framework, and can be found on the safe schools hub.

Sometimes things that are called bullying, are not really bullying at all.

From the national definition, we can identify the three main features of bullying.

It involves a misuse of power in a relationship, it is ongoing and repeated and it involves behaviours that can cause harm.

Finding positive solutions to bullying involves everyone. Having a shared understanding of what bullying is or isn’t, is a very important part of this.

This four-part series explores the national definition of bullying. The next video looks at the misuse of power in a relationship.

Schools can find other versions of this definition of bullying, suitable for use with children and young people, on the Bullying. No Way! website.