

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

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

Sources can be found at: <https://bullyingnoway.gov.au/understanding-bullying/bullying-research>



Bullying in schools facts and figures

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