

WARNING: BULLYING WILL CAUSE SERIOUS DAMAGE TO YOUR HEALTH IF YOU LET IT CONTINUE. STAND UP AND LET'S PUT A STOP TO IT!

Bullying is deliberate

harmful behaviour towards other people which is repeated over time. There is a power imbalance between those who exhibit bullying behaviour and those who are bullied.

There are four types of bullying – verbal, physical, social/relational/direct and cyber. Bullying doesn't just involve individuals. It involves those being bullied, peers, adults, parents, school and home environments and societal influences.

(Te Punanga Haumaru 2012).



WHAT YOU CAN DO IF YOU'RE BEING BULLIED

1. This will end. You will not have to feel this bad forever!
2. Stay calm, bullies love a reaction so don't give them one.
3. If you know a kid who doesn't like you, then stay away from them.
4. Don't fight back or get mad. It'll make the bullying worse. Bullies try to make kids mad so don't let them. Stay calm.
5. Hang out with friends. Bullies pick on kids who are alone.
6. Join groups and find friends who like the same things you do.
7. Look around school. You're probably not the only kid being bullied.
8. Make friends with other kids who are alone. Maybe you can help other kids.
9. Don't be afraid to tell an adult you trust. Telling is not narking! If you

When going fishing, the fish has all the power until he takes the bait. When someone bully's you, don't react. Walk away and tell someone.

While we can't change other people's behaviour, no one can take away our power to decide how we will respond to them.

are afraid to tell your parents, then tell your grandparents, brothers or sisters, or a grown-up you trust. Tell your teachers - they will be able to help and use discreet tactics to tackle the bullies. Even if you just want to talk about it, they will listen.

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PLACES TO GO FOR FOR YOUNG PEOPLE:

Kidsline - Talk to a trained Kidsline Buddy 4pm - 6pm weekdays, Call free 0800 kidsline (0800 54 37 54)

What's Up – is a free, national phone counselling service for five to 18 year olds. To talk to a counsellor, call 0800 WHATSUP or 0800 942 8787 free from 1pm to 11pm, seven days a week.

www.kydt.org.nz : youth programmes and mentoring support.

Youthline - need support or want to talk? Contact Youthline. Helpline: 0800 37 66 33. Free Text: 234.

Email: talk@youthline.co.nz. Web: www.youthline.co.nz

www.thelowdown.co.nz/ - The lowdown is a website that looks at young people and depression.

www.cyberbullying.org.nz/youngpeople/ - information and advice for young people in regards to cyber bullying.

www.netsafe.org.nz/keeping_safe

[php?pageID=75§ionID=young&menuID=67](http://www.netsafe.org.nz/keeping_safe.php?pageID=75§ionID=young&menuID=67) – information and advice in regards to text bullying.

<http://urges.co.nz/your-mind/peer-pressure/116-bullying-is-there-a-way-out.html> - information on how to cope with bullying.

www.antibullying.net/youngpeople.htm - information on bullying facts, advice and how to cope with bullying.

www.skylight.org.nz/Young+people - information on how to cope with bullying and other stressors in a young person's life.

FOR PARENTS AND THE COMMUNITY:

www.netsafe.org.nz/the-netsafe-kit-for-schools/ - The NetSafe Kit helps schools to address student cyber safety and support digital citizenship. Following expert consultation, the NetSafe Kit details seven steps required to produce a cyber-safe learning environment with digital citizenship at its core.

www.cyberbullying.org.nz/parents/ - information and advice for parents in regard to cyber bullying.

www.bullying.org - Bullying.org provides educational programs and resources to individuals, families, educational institutions and organizations.

www.antibullying.net/parentsfamilies.htm - information and advice on supporting young people who have been bullied.

www.kidspot.co.nz/article+2547+39+Facts-and-figures-about-bullying.htm – facts and figures on bullying.

www.kidspot.co.nz/article+110+33+What-makes-a-bully.htm – identifying bullies and why the bully.