

BULLYING

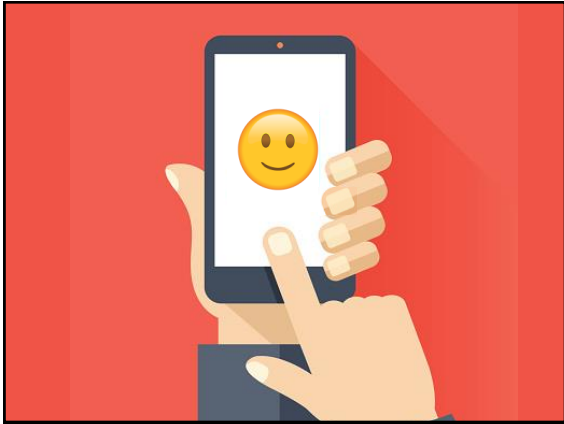
COMMUNICATING

What do the following acronyms mean?

Q. What do the following acronyms mean?

LOL
Laugh out loud
ROFL
Rolling on floor laughing
POS
Parent over shoulder
TMI
Too much information
IJMTU
I just made that up





DEALING WITH BULLYING

FACTS

- 75% of children have been bullied at least once in their lives.
- 84% of children who are bullied experience mental health problems.
- 70% of children who are bullied experience physical health problems.
- 76% of children who are bullied experience social health problems.

STEPS

1. Know your rights
2. Tell someone you trust
3. Get support
4. Report the bullying
5. Stay safe
6. Seek help
7. Get on with life

KEY IS NOT TO REACT

OTHER PRACTICAL STEPS

ACTIVITIES

1. Things you can do
2. Things you can do
3. Things you can do

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Q. What percentage of people talk more online than in real life?

27%
37%
77%
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- 5 hours
- 7 hours
- 10 hours

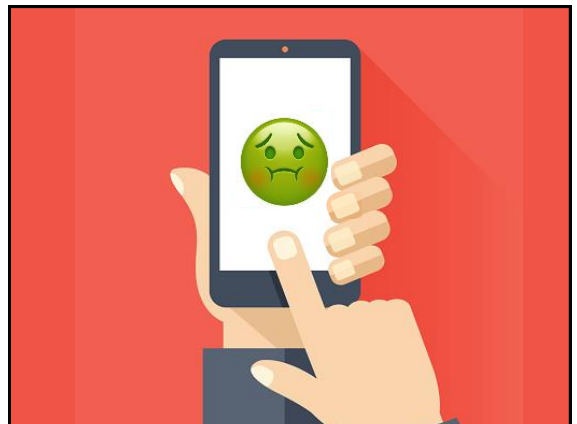
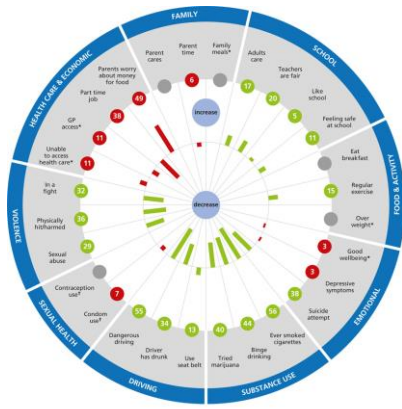
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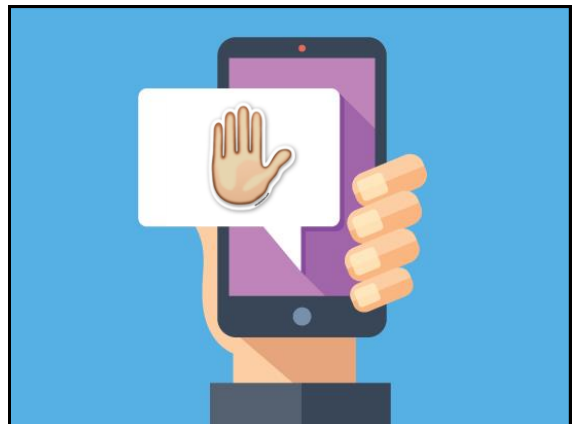
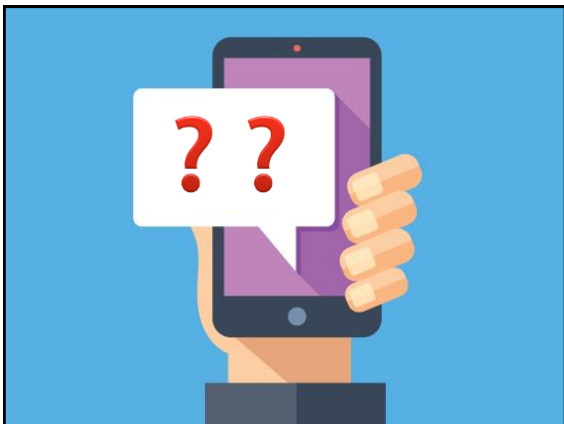
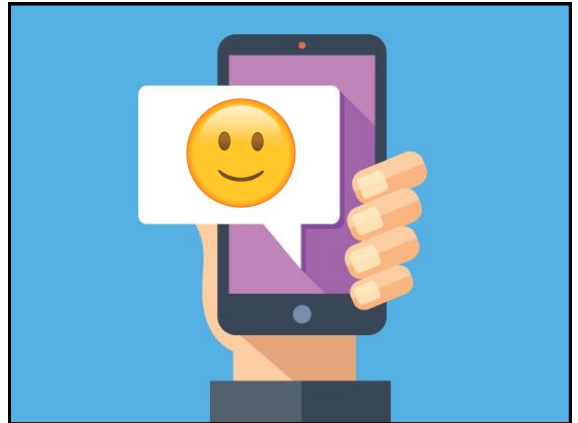
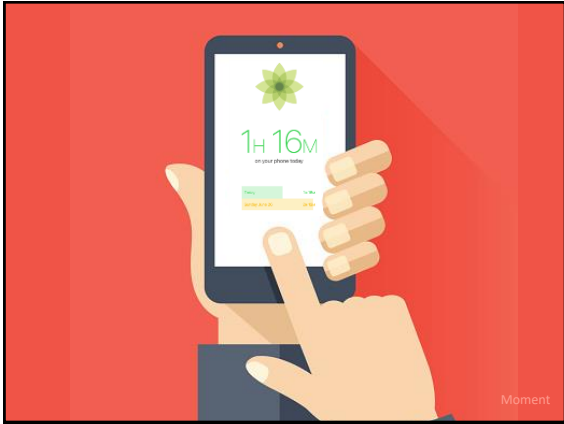
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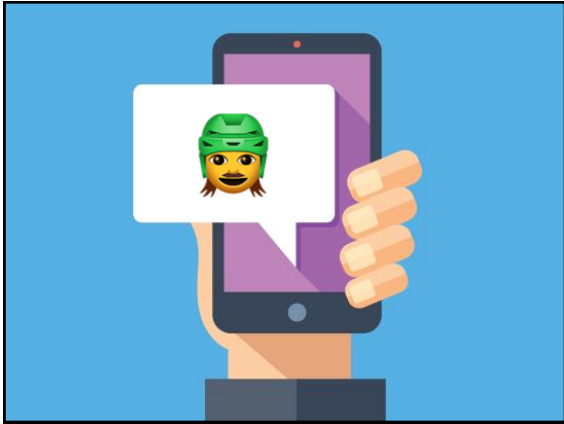
"The children now love luxury; they have bad manners, contempt for authority; they show disrespect for elders and love talking in place of hard work. Children are now tyrants, and don't know their place in the family. They don't show respect to their elders. They contradict their parents, talk over the top of adults, gobble up their food at the table and tyrannize their teachers."

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Socrates (469 BC–399 BC)







KidsHelpline

1800 55 1800

Tips, info and support for you.
Any time. Any reason.

DEALING WITH BULLYING

FACTS	STEPS	ACTIVITIES
<p>FORMS OF CONFLICT</p> <ul style="list-style-type: none"> Verbal Physical Psychological Sexual Religious Racial Homophobic Transphobic <p>60% of students have experienced bullying</p> <p>60% of students who experience bullying are girls</p> <p>27% of students who experience bullying are boys</p> <p>70% of bullies target students who are perceived as different</p> <p>MISSION: NOT TO REACT</p> <p>Don't react to bullies. Bullies want a reaction. If you react, they know they've got you.</p>	<p>MAKE A LIST</p> <ol style="list-style-type: none"> 1. Things you can change 2. Things you can change in the future 3. Things you need to accept you can't change <p>ASK THEM</p> <p>Remember that bullies are often lonely and insecure. They may be looking for someone to talk to.</p> <p>LET THEM KNOW</p> <p>Let your friends and family know what's going on. They can help you deal with the situation.</p>	<p>KEY OR NOT TO REACT</p> <p>DO NOT:</p> <ul style="list-style-type: none"> React to bullies Retaliate Ignore bullies Blame yourself Feel ashamed Be afraid Hide your feelings Keep secrets Be a bystander Be a bully <p>DO:</p> <ul style="list-style-type: none"> Stay calm Walk away Seek help Report the bully Be confident Be assertive Be kind Be yourself Be a friend Be a bystander Be a bully <p>OTHER PRACTICAL STEPS</p> <ul style="list-style-type: none"> Change your route to school Change your class Change your group Change your friends Change your appearance Change your behavior Change your attitude Change your mindset Change your perspective Change your priorities Change your goals Change your values Change your beliefs Change your opinions Change your feelings Change your thoughts Change your actions Change your words Change your behavior Change your attitude Change your mindset Change your perspective Change your priorities Change your goals Change your values Change your beliefs Change your opinions Change your feelings Change your thoughts Change your actions Change your words

safebook SOCIAL MEDIA SAFETY

PARENTS & TEACHERS

- Join Facebook & other social networks
- Understand how it works
- Teach safety and responsibility
- Privacy - Check their settings

FRIENDS

- DO: Stay Smart
- DO: Help your friend, Report the bully, Teach your parents

THE BULLY

- DO: Respond
- DO: Show what they say
- DO: Show what they say so you can't be reported

UNFRIEND THEM • BLOCK THEM • TELL A FRIEND

11 WAYS TO MAKE FRIENDS IN SCHOOL

- Remember that a person's name is like their person's name and it's important to get it right.
- Talk in terms of the other person's interests. What do they like?
- Be a good listener. Encourage others to talk about themselves.
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UNPLUG FROM YOUR DEVICES

Sometimes we are so involved with technology that we are not engaged with the people around us. Our own friends could be right in front of us.

FIND COMMON GROUND

Think of things that a lot of people like and use them as conversation starters. It's a great way to find common ground. Ask a question to learn what interests they have.

headspace

National Youth Mental Health Foundation

HOW TO REPORT CYBERBULLYING MATERIAL

 **1** Report the cyberbullying material to the social media service

 **2** Collect evidence - copy URLs or take screenshots of the material

If the content is not removed within 48 hours

 **3** Report it to esafety.gov.au/reportcyberbullying

 **4** Block the person and talk to someone you trust

If you are in immediate danger, call 000 (triple zero).
If you need to talk to someone, visit esafety.gov.au or call them on 1800 55 1800, 24 hours a day 7 days a week.