

Bullying

Programs & Resources

This document has been put together from various sources to guide school staff and youth workers towards the appropriate and useful resources which may assist them in helping local young people. The Banyule and Nillumbik Local Learning and Employment Network (BNLLEN) take no responsibility for any information accessed via this document.



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Definition of Bullying -as defined in DEECD Bullying Policy: (Refer to www.education.vic.gov.au/school/principals/spag/safety/Pages/bullying.aspx#2)

Bullying is when someone, or a group of people, deliberately upset or hurt another person or damage their property, reputation or social acceptance on more than one occasion. There is an imbalance of power in incidents of bullying with the bully or bullies having more power at the time due to age, size, status or other reasons.

This table describes the categories of bullying.

Category	Includes
Direct physical bullying	<ul style="list-style-type: none"> • hitting, kicking, tripping, pinching and pushing or damaging property
Direct verbal bullying	<ul style="list-style-type: none"> • name calling, insults, teasing, intimidation, homophobic or racist remarks, or verbal abuse.
Indirect bullying	<ul style="list-style-type: none"> • action designed to harm someone’s social reputation and/or cause humiliation. Indirect bullying includes: <ul style="list-style-type: none"> ○ lying and spreading rumors ○ playing nasty jokes to embarrass and humiliate ○ mimicking ○ encouraging others to socially exclude someone ○ damaging someone’s social reputation or social acceptance
Cyberbullying	<ul style="list-style-type: none"> • direct verbal or indirect bullying behaviours using digital technologies. This includes harassment via a mobile phone, setting up a defamatory personal website or deliberately excluding someone from social networking spaces.

Local Data

Proportion of adolescents who report bullying:

Banyule

In 2009, 42.1 per cent of adolescents surveyed in Banyule were recently bullied. This was similar to the proportion reported across Northern Metropolitan Region (42.1 per cent),

Nilumbik

In 2009, 36.7 per cent of adolescents surveyed in Nilumbik were recently bullied. This was lower than the proportion reported across Northern Metropolitan Region (42.1 per cent), with the difference being non-significant.

Source: *Adolescent Health and Wellbeing Survey DEECD 2009, unpublished*

Policy

Schools Policy and Guidelines (Government Schools) – Bullying

Useful for: ✓				
Staff	✓	Students		Parents

<http://www.education.vic.gov.au/school/principals/spag/safety/Pages/bullying.aspx>

Programs

Back2School

Useful for: ✓				
Staff	Students	✓	Parents	

Open House

designed for students on **the** edge of being expelled **or bullies** or truant
Being a Friend: learning to understand yourself and the friends, family around you
Fun For You: designed for students struggling with **bullying** or other issues

Location:

16-18 Ivanhoe Parade, Ivanhoe 3079
in Ivanhoe Parade behind the Ivanhoe Library
(Melways 31 F7)

Ph: 9497 1855

Email: ivanhoe@openhousecic.org.au

Web: www.openhousecic.org.au

Boys2Men

Useful for: ✓				
Staff	Students	✓	Parents	

Open House

Source: www.openhousecic.org.au/index.php?section=60

Boys2Men was created out of constant requests from mothers, guardians and schools that were deeply concerned about boys who had no father or male figure to identify with. For many women they have had to take on the male role and have found that this comes with a high cost of rejection and none or little respect from the boys.

Boys2Men for Primary & Secondary age students, subjects covered: well-being, leadership, self-esteem, being a friend, dreaming, **bullies and those being bullied**, goal setting etc.- for individuals or class sizes.

Boys2Men covers several areas:

- for male students on the edge of being expelled or bullies or truant boys
- boys "at risk" and have no positive male role model in their lives; especially through their adolescent years of development.
- boys wanting to develop in Arts, Music, Graffiti, Dance
- Learn appropriate behaviour towards women: mothers, female teachers, women in workplace

Location:

16-18 Ivanhoe Parade, Ivanhoe 3079
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Ph: 9497 1855

Email: ivanhoe@openhousecic.org.au

Web: www.openhousecic.org.au

Cybersmart:

www.cybersmart.gov.au

Useful for: ✓					
Staff	✓	Students	✓	Parents	✓

Cybersmart is a national cybersafety and cybersecurity education program managed by the Australian Communications and Media Authority (ACMA). The program is specifically designed to meet the needs of its target audiences of **children, young people, parents, teachers and library staff**.

Resources for :

1. Teens www.cybersmart.gov.au/Teens.aspx
2. **Parents:** www.cybersmart.gov.au/Parents.aspx

Cybersmart has a range of age appropriate online information and related links to support parents in the education of themselves and their children. Resources are available for:

- [Parents and adults](#)
- [Kids \(8-12\)](#)
- [Teens \(13+\)](#).

3. Schools: www.cybersmart.gov.au/Schools.aspx

eSmart

Useful for: ✓					
Staff	✓	Students		Parents	

Source: www.esmartschools.org.au

eSmart aims to make cybersafety a normal part of everybody's life by equipping them to use technologies in ways that are positive and that protect them from the potential risks. The first major focus of eSmart **is to help schools** create a cultural norm of smart, safe and responsible use of digital technologies.

eSmart is an initiative of The Alannah and Madeline Foundation.

"A whole-school system for cybersafety and wellbeing

Developed for Australian schools, eSmart is an easy-to-use, evidence-based and tested system to help schools manage cybersafety and deal with cyberbullying and bullying.

The eSmart system provides a framework for schools to implement whole-school culture and behaviour change relevant to the smart, safe and responsible use of digital technologies.

The Alannah and Madeline Foundation developed the initiative with RMIT School of Education and many cybersafety and education experts.

Registration provides schools and their communities with assurance that they are accessing evidence-informed practice, policies and activities. "

ThinkUKnow

Useful for: ✓					
Staff	✓	Students		Parents	✓

www.thinkuknow.org.au

"ThinkUKnow is an Internet safety program delivering interactive training to parents, carers and teachers through schools and organisations across Australia using a network of accredited trainers.

Created by the UK Child Exploitation and Online Protection (CEOP) Centre, ThinkUKnow Australia has been developed by the Australian Federal Police (AFP) and Microsoft Australia, and is now proudly supported by ninemsn and DATACOM. "

ThinkUKnow presentations:

If you would like to book a ThinkUKnow presentation for your school or organisation, please [register with the online booking tool](#). You can also contact the ThinkUKnow booking team on 1300 362 936 during business hours.

Resources

Building Respectful and Safe Schools - A resource for school communities

Useful for: ✓					
Staff	✓	Students	✓	Parents	✓

This is a resource for all members of the school community - principals, teachers and other school staff, students, families, school councils and individuals and organisations within the community. It provides guidance that can be useful in supporting the school community to work together to provide a respectful and safe school and broader community.

The resource includes:

- Roles and responsibilities of the whole school community.
- Definitions of bullying and other forms of unacceptable behaviour.
- Student Engagement Policy requirements.
- Characteristics and strategies for respectful and safe schools.
- Strategies for schools to respond to bullying and unacceptable behaviour including preventing cyberbullying, responding to homophobic bullying and incidents that have a serious impact on individuals or the school.
- Advice for parents and carers to respond to bullying and unacceptable behaviour.
- Useful resources and further information.

The resource can be sourced from the Web: www.eduweb.vic.gov.au/edulibrary/public/stuman/wellbeing/respectfulsafe.pdf

Bullying No Way

Useful for: ✓					
Staff	✓	Students	✓	Parents	✓

Source: www.bullyingnoway.com.au

The Bullying. No Way! Web site was developed by the Safe and Supportive School Communities (SSSC) Project, working to create learning environments where every student and school community member is safe, supported, respected, valued – and free from bullying.

The site contains resources specifically targeting:

- Teachers
- Parents
- Students
 - 13 years and younger
 - 14 years and older

Information and resources focus on to tackling bullying in schools.

Headspace: Subject: “Bullying”

Useful for: ✓					
Staff		Students		Parents	✓

Source: www.headspace.org.au/parents-and-carers/find-information/bullying

An on-line resource focussed on Bullying which has been provided by Headspace **for Parents** The resource has been designed to help parents and carers to:

- talk to a young person about their problems
- learn more about how to support young people
- find information about where you can find the right help
- and importantly, find support for yourself.

The accompanying Fact Sheet is located at: www.headspace.org.au/media/357158/bullyingparentsfactsheetweb.pdf

Kidspot: [Facts and figures about bullying](#)

Useful for: ✓				
Staff	✓	Students	Parents	✓

This area of Kidspot provides some basic facts and figure and also has embedded links to topic including:
Find more bullying solutions and information

- [15 solutions to bullying and cyber bullying](#),
- [Helping when your child is bullied](#)
- [How bullies pick their victim](#)
- [My child is a bully](#)
- [What makes a bully](#)
- [What is bullying](#)
- [Bullying definitions](#)
- [Is your child being bullied](#)
- [How to deal with bullying](#)
- [What parents can do about bullying](#)
- [When your child is a bully, here's what to do](#)
- [How to talk about bullying and cyber bullying](#)
- [Cyber bullying: here's what it is and how to tackle it](#)
- [How parents can prevent bullying](#)
- [School policies on bullying](#)
- [10 signs your child is being bullied](#)

Raising Children Web site:

Useful for: ✓				
Staff		Students	Parents	✓

The web resource for **parents** , "Adolescent bullying, schools and building your child's resilience": which is available at: www.raisingchildren.net.au/articles/bullying_teenagers.html/context/1131 covers the topics:

- [What is bullying?](#)
- [Why bullying happens](#)
- [How to spot signs of bullying](#)
- [Why some young people are bullying targets](#)
- [Building your child's resilience](#)
- [Working with your child's school](#)
- [If the bullying behaviour continues](#)

Reachout - Subject: Bullying

Useful for: ✓					
Staff	✓	Students	✓	Parents	✓

web site: <http://au.reachout.com/>

For the subject of Bullying refer to: <http://au.reachout.com/Tough-Times/Bullying-Abuse-and-Violence>

This resource covers the topics of: Bullying, Physical violence, Abusive relationships, Childhood abuse and Sexual assault. The resource contains lots of useful information and fact sheets

The National Centre against Bullying (NCAB)

Useful for: ✓					
Staff	✓	Students		Parents	✓

Source: www.ncab.org.au

NCAB is a peak body working to advise and inform the Australian community on the issue of childhood bullying and the creation of safe schools and communities, including the issue of cybersafety

The web site has resources targeting Schools and Parents

What can schools do about cases of bullying?

Useful for: ✓					
Staff	✓	Students		Parents	✓

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www.ncab.org.au/Assets/Files/What%20can%20schools%20do%20about%20cases%20of%20bullying_Rigby.pdf

Reports from schoolchildren across a range of countries indicate that interventions by teachers in cases of bullying are commonly unsuccessful, especially with older students. This article provides a brief description and critical examination of six major intervention strategies employed in schools and points to the need for better training of teachers in this area and the development of judgement about which methods to employ in particular cases.

Youthbeyondblue fact sheets - information for young people

Useful for: ✓					
Staff		Students	✓	Parents	

Subject: [Bullying](#) - Fact sheet 20

For a list of all Youthbeyondblue fact sheets and information for young people, visit.

www.youthbeyondblue.com/factsheets-and-info

Videos

Sourced from: Promethean Planet www.prometheanplanet.com

Note: Many of the free videos were originally available from the now defunct UK website Teachers TV

Anti-Bullying

Children suggest approaches to stop bullying.

Submitted: 27/09/11 by [Teachers TV](#)

42.68 MB

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Appearance

How differences in appearance can trigger bullying episodes.

Submitted: 04/10/11 by [Teachers TV](#)

41.23 MB

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Beat Bullying Throughout the School

A head teacher talks about improving anti-bullying methods.

Submitted: 04/10/11 by [Teachers TV](#)

61.92 MB

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[Download](#)



Beating Bullying

Strategy-makers, victims and former bullies discuss anti-bullying.

Submitted: 28/09/11 by [Teachers TV](#)

305.03 MB

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Bullying

A bullying incident prompts a governors' debate.

Submitted: 28/09/11 by [Teachers TV](#)

150.73 MB

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[Download](#)



Bullying Girls: Reenactment

Peer mentors attempt to stop a group of bullying girls.

Submitted: 05/10/11 by [Teachers TV](#)

20.64 MB

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Bullying Girls: The Issues

Experts discuss the issue of girls bullying other girls.

Submitted: 05/10/11 by [Teachers TV](#)

28.15 MB

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Videos

Sourced from: Promethean Planet www.prometheanplanet.com

Note: Many of the free videos were originally available from the now defunct UK website Teachers TV

Challenging Homophobia

Discover a secondary school's successful anti-bullying strategy.

Submitted: 29/09/11 by [Teachers TV](#)

305.82 MB

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[Download](#)



Combating Bullying

Safe-guarding vulnerable children in Hampshire and Sunderland.

Submitted: 01/12/11 by [Teachers TV](#)

151.09 MB

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Cyberbullying

by [Teachers TV](#)

A 14-year-old describes her experiences of cyberbullying.

Submitted: 04/10/11 by [Teachers TV](#)

40.17 MB

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Difference

How extreme bullying lead to one boy's self-harming.

Submitted: 04/10/11 by [Teachers TV](#)

43.29 MB

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[Download](#)



Disability

How a 15-year old boy was bullied due to his disability and race.

Submitted: 04/10/11 by [Teachers TV](#)

42.98 MB

[View](#)

[Download](#)



Disability Equality - Dealing with Bullying

Tackling the problem of pupils with disabilities being bullied.

Submitted: 04/10/11 by [Teachers TV](#)

41.95 MB

[View](#)

[Download](#)



Girls Bullying

How to identify bullying and implement anti-bullying strategies.

Submitted: 30/09/11 by [Teachers TV](#)

293.4 MB

[View](#)

[Download](#)



Videos

Sourced from: Promethean Planet www.prometheanplanet.com

Note: Many of the free videos were originally available from the now defunct UK website Teachers TV

Homophobia

A teenager shares his experience of homophobic bullying.

Submitted: 04/10/11 by [Teachers TV](#)

45.08 MB

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KS3/4 PSHE - What is Sexual Bullying?

Teenagers talk about sexual bullying in schools.

Submitted: 03/10/11 by [Teachers TV](#)

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Making Rights Relevant

Cherie Booth helps two teachers plan a lesson on cyber bullying.

Submitted: 30/11/11 by [Teachers TV](#)

306.68 MB

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Name-calling

A lesson starter on the effects of name-calling and bullying.

Submitted: 04/10/11 by [Teachers TV](#)

32.39 MB

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Norway - Anti Bullying

Why Norway's pioneering anti-bullying approach is so successful.

Submitted: 10/10/11 by [Teachers TV](#)

295.53 MB

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Sexual Bullying

Two women introduce the sexual bullying school workshops they run.

Submitted: 03/10/11

294.1 MB

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Stopping the Bullying

Teachers and managers role-play and discuss bullying.

Submitted: 23/09/11 by [Teachers TV](#)

305.66 MB

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Videos

Sourced from: Promethean Planet www.prometheanplanet.com

Note: Many of the free videos were originally available from the now defunct UK website Teachers TV

Tackling Bullying

Are schools doing enough to tackle bullying?

Submitted: 28/09/11 by [Teachers TV](#)

306.41 MB

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The Scary Guy Does Parents

The Scary Guy talks to parents about bullying and support.

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148.64 MB

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Verbal and Physical

A 12-year-old talks about being verbally and physically bullied.

Submitted: 04/10/11 by [Teachers TV](#)

34.44 MB

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Violence

An insight into the effects of extreme bullying on one teenager.

Submitted: 04/10/11 by [Teachers TV](#)

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