

# Wellbeing Space: Bullying

This Friday is National Day of Action Against Bullying and Violence. Here are some helpful insights into terms used around bullying, what it is and what it isn't. Some helpful language to discuss bullying with your child and how to recognise when it is happening versus when it isn't. What the repercussions are for bullying and why we might do it.

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| <b>What is Bullying?</b>  | <b>What Bullying isn't?</b>   |
| <p>Bullying can be carried out by an individual or group towards one or more persons and is a complex social problem which can occur in environments such as schools. Researchers agree that there are five key features of bullying behaviour:</p> <ol style="list-style-type: none"> <li>1. The person (or people) who engage in bullying behaviour intend/s to inflict harm or fear upon the target.</li> <li>2. Aggression towards the target occurs repeatedly.</li> <li>3. The target child or young person doesn't provoke bullying behaviour by using verbal or physical aggression.</li> <li>4. Bullying tends to occur in familiar social groups.</li> <li>5. The person engaging in the bullying behaviour is usually more powerful (either in reality or perception) than the person they're targeting. The power may be, for example, social, physical or age-related.</li> </ol>  | <p>Behaviours that don't constitute bullying include:</p> <ul style="list-style-type: none"> <li>*mutual arguments and disagreements (where there's no power imbalance)</li> <li>*not liking someone or a single act of social rejection</li> <li>*one-off acts of meanness or nastiness</li> <li>*isolated incidents of aggression, intimidation or violence.</li> </ul> <p>However, these conflicts still need to be addressed and resolved.</p> <p>Likewise, not all online issues are bullying. (Online bullying is sometimes referred to as cyberbullying and refers to bullying that is carried out through information and communication technologies.)</p>  |
| <b>Consequences of Bullying</b>   | <b>Some causes of Bullying</b>  |
| <p>Bullying has detrimental effects on both the victim/s and the perpetrator/s. Bullying decreases a person's self-esteem, increases absenteeism, poor mental health, feeling unsafe at school. Lower levels of academic achievement, increased likelihood of developing depression and poor mental health in adulthood.</p> <p>References: <a href="https://beyou.edu.au/fact-sheets/relationships/bullying">https://beyou.edu.au/fact-sheets/relationships/bullying</a></p> <p><a href="https://bullyingnoway.gov.au/resources/fact-sheets">https://bullyingnoway.gov.au/resources/fact-sheets</a></p> <p>Helpful services</p> <p><a href="https://kidshelpline.com.au/parents/issues/bullying-schoolcan%20parents%20do?">https://kidshelpline.com.au/parents/issues/bullying-schoolcan parents do?</a>   Kids Helpline</p> <p><a href="https://parentline.nsw.gov.au/">Parentline</a>   Phone Counselling Service   1300 30 1300</p> | <p>Bullying emerges from a complex interaction of social, personal and psychological circumstances. Underdeveloped social and emotional skills may also lead to bullying behaviour. Children and young people who have poor self-regulation and anger management skills are more likely to engage in bullying behaviour compared to those with better-developed skills. Children and young people who engage in bullying behaviour may feel disdain for their targets, find bullying others to be enjoyable, feel strong and in control when bullying others, and/or believe that bullying others will help make them popular. Bullying behaviour can also occur because of distrust, fear, misunderstandings and lack of knowledge or jealousy.</p> <p>It is important to remember that bullying is harmful for both the victim and the perpetrator.</p> |