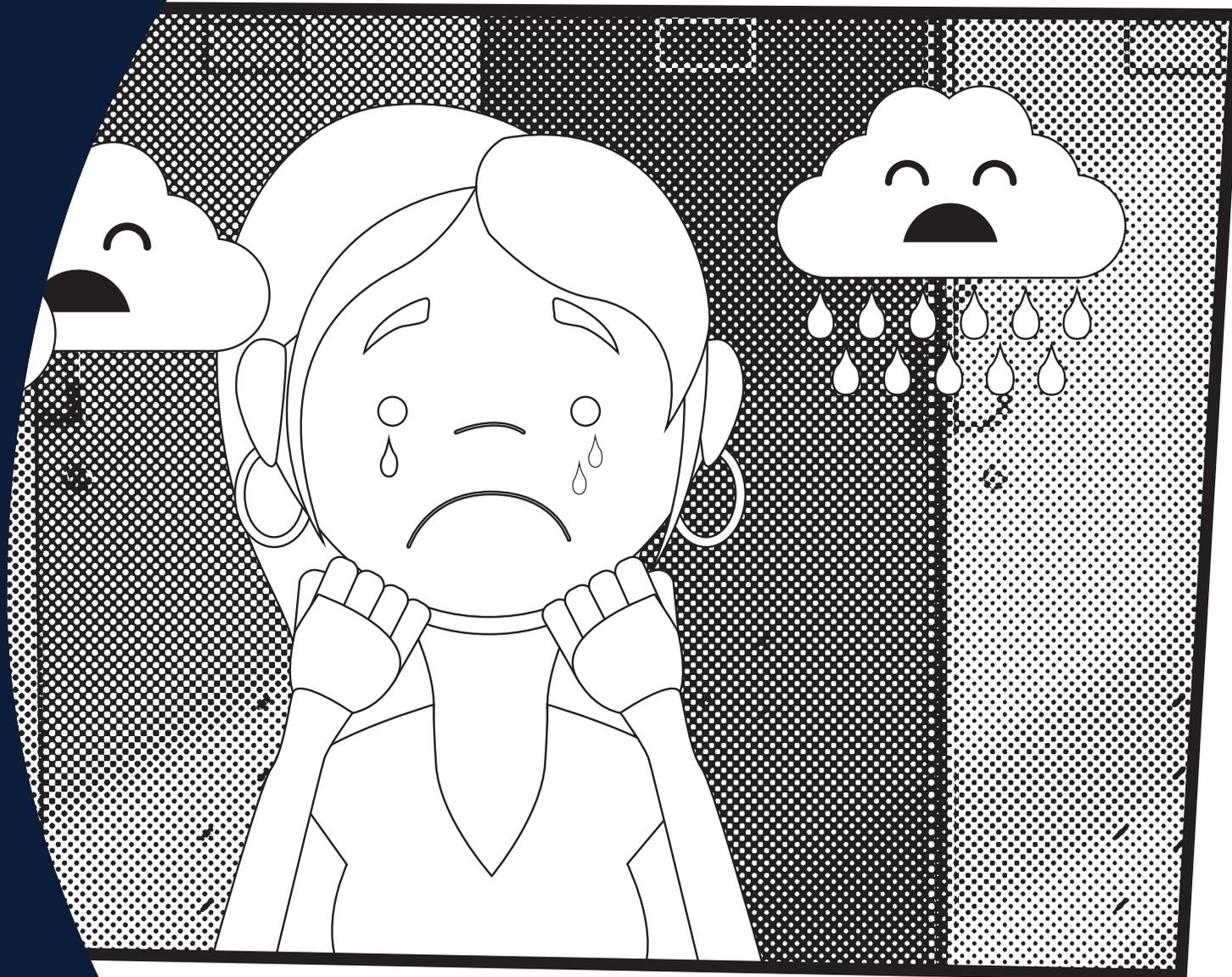


# What is bullying and what to do about it



## **What is bullying?**

Bullying is when someone with more power than you deliberately and repeatedly tries to upset or hurt you. They might repeatedly try to hurt you physically, socially isolate you, or say and do mean or humiliating things to you.

## **What is this story about?**

This story will help you to recognise what bullying is (and what bullying isn't). This story will also give you some strategies for coping, and for getting help.

## **What if someone is upsetting or hurting me, but it isn't bullying?**

There are some behaviours that may not be bullying, but are never okay. Your school can help you understand when to seek immediate support.

If you can't talk to someone face-to-face, you can contact Kids Helpline.  
You can call them for free on 1800 55 1800.

Friendships can be fun!



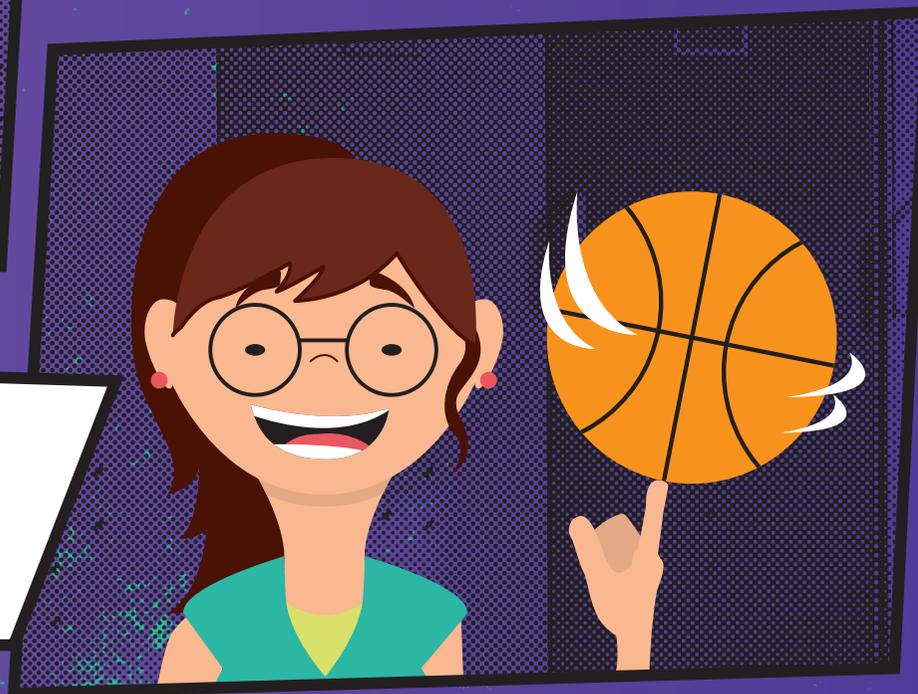
But sometimes people might not be nice.



Sometimes friends fight and get angry.  
They might say something unkind when  
they are angry



Sometimes friends say they're better than  
you at something, and that can make you  
feel sad or not very good about yourself.



Bullying is when someone often says or does mean things that hurt you

HAHA  
HAHA

HAHA!!  
HAHA!!

SHOVE!!  
SHOVE!!



They might leave you out on purpose

PSS PSSTT.. PSSSTTT  
PSSTT.. PSSSTTT



Spread lies about you.

HAHA!!  
HAHA!!  
HAHA!! HAHA!!



Make up mean jokes about you, or your differences.

**BULLYING CAN BE DONE IN PERSON TO YOUR FACE, BEHIND YOUR BACK, OR ONLINE.**

## WHAT ISN'T BULLYING?

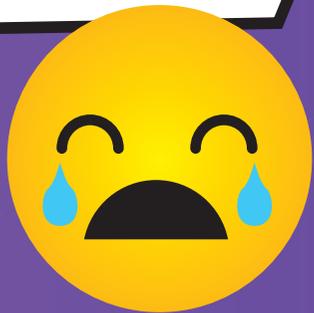


We all fight or argue sometimes with our friends.  
A one off disagreement is not bullying.

Bullying can make you feel sad.  
You might not want to talk to  
anyone, or you might find it hard  
to eat or sleep.



You might feel like crying.



Bullying can make you feel scared.

You might feel:

dizzy,



sweaty,



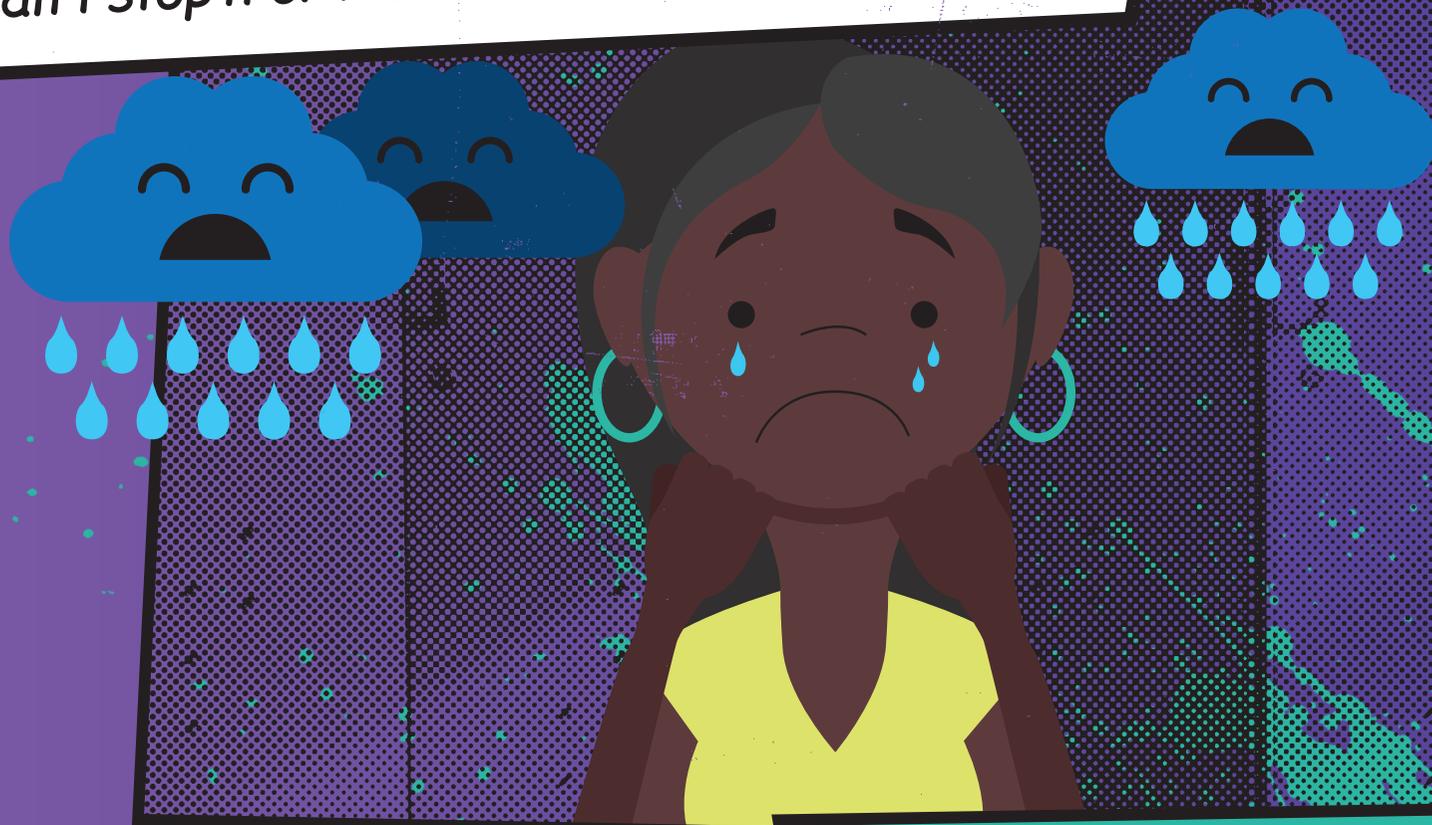
shaky,



or your heart  
might beat fast



Bullying is not OK. Bullying can make you feel lonely. You might feel like no one likes you. You might feel like you can't stop it or that no one understands you.



It is normal to feel sad or lonely or scared when someone bullies you. You have the right to feel safe.

If you feel sad, scared or lonely,  
talk to someone you trust.

Talk to an older trusted friend  
or family member.



You can contact a  
helpline for young  
people. They are  
good listeners.



You can do something you  
enjoy every day.



Ask a teacher or adult at school to help you make some new friends.  
Clubs are a good way to hang out with others who like things that you like.

Ask if there are any school clubs that meet at lunch time, or join a club after school.



**REMEMBER:**

Bullying is not ok. There are things you can do if you are bullied.  
Let someone know and get help!  
Your teachers care and want you to be happy at school.

## **About this story:**

Bullying can have significant effects on a teenager's wellbeing. This story is designed for teenagers with intellectual disability, and includes information catered to their learning approach to support them in defining what bullying is and isn't, with evidence-based strategies for how to manage bullying.

Common emotional reactions to bullying are acknowledged and normalised, and practical responses to stop bullying from continuing are identified. Further, a range of positive coping strategies such as activating social supports, engaging in self-care and challenging cognitive distortions are described.

**For more stories and information on making education accessible for everyone please visit: <https://education.nsw.gov.au/>**

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