



**Bullying is when someone repeatedly tries to hurt you**



**It can be:**

- Physical, verbal or social
- Easy to see or hidden
- Face-to-face or online

# Bullying

What you need to know

## **STOP** face-to-face bullying



- Ignore
- Practice being calm and confident
- Say 'stop' or 'no'
- Pretend you don't care
- Tell someone
- Report at school

## **STOP** Online bullying



- Block
- Ignore
- Unfriend
- Keep evidence
- Tell someone
- Report at school

**Tell your parents and tell your school.**

Visit the Office of the eSafety Commissioner to learn more about reporting online bullying. If you think added support would help, call Kids Helpline on 1800 55 1800. It is free and private.

[antibullying.nsw.gov.au](http://antibullying.nsw.gov.au)