



LeJEVRE

Powerful conversations on bullying

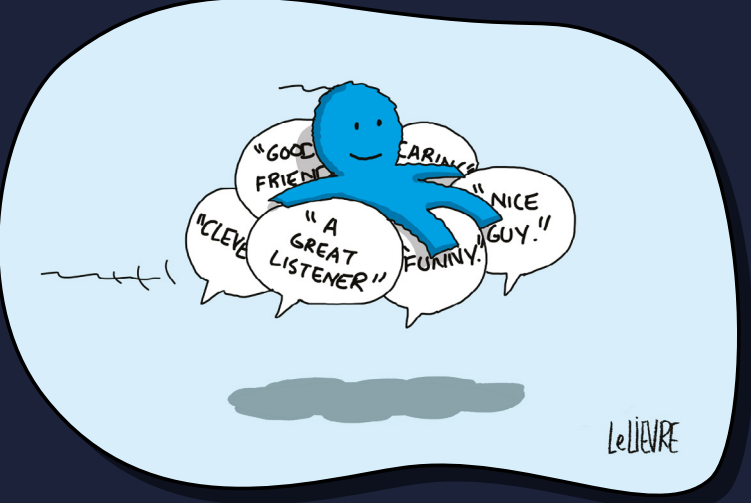
Prevention



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Action



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Resilience



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Staying safe online



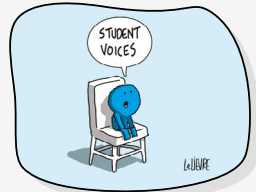


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Action

There are many ways we can take a stand against bullying behaviour. Do you know any?

We all have the power to take action against bullying – together. Support your child to become an upstander and to learn what to do if they see or experience bullying behaviour. For information, speak with your school and visit antibullying.nsw.gov.au.



antibullying.nsw.gov.au

Care. Respect. Support.

Powerful Conversations #CareRespectSupport

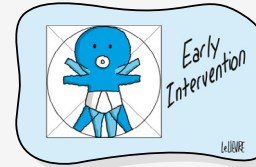


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Prevention

What do you think are some qualities of a supportive friend?

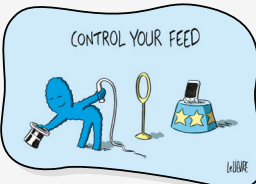
Developing positive relationships, building supportive environments and looking out for others can help your child prevent and reduce bullying. For information about conversations to have with your child about preventing bullying, visit the website at antibullying.nsw.gov.au or visit www.esafety.gov.au/parents.



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1 in 4 students are bullied online – You can help stop it

Here are four things you can do to stop online bullying

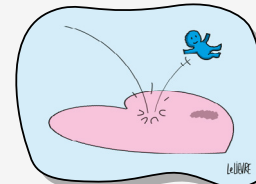
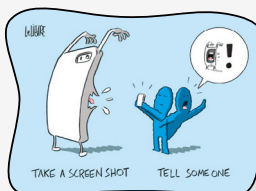
1. Don't feed the trolls. Responding when you are angry or upset is the reaction they want, so don't give in to them.
2. Control your newsfeed. Keep your privacy settings updated, and remove or block untrustworthy people.
3. Don't repost hurtful or cruel posts. What you post reflects who you are as a person and a friend. Be your best self.
4. Take a screen shot before the content is deleted. Tell a parent, carer or teacher and give them the screen shot. And always report serious threats to the police, school and the Office of the eSafety Commissioner www.esafety.gov.au.

Visit the NSW anti-bullying website for more information on staying safe online at: antibullying.nsw.gov.au.

antibullying.nsw.gov.au

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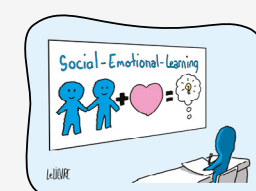
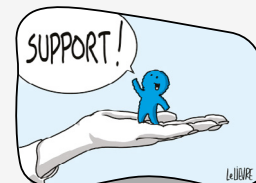


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Resilience

What positive coping skills do you and your family practise to manage stressful situations?

The impact of bullying behaviour can be long-term and life-changing for everyone involved. Help support your child develop good relationships, manage their feelings and bounce back from conflict. See the antibullying.nsw.gov.au website for more information about understanding and managing emotions, and establishing and maintaining positive relationships.



antibullying.nsw.gov.au

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