

BULLYING IS UNACCEPTABLE

Why do some children and young people bully others?

Children and young people may bully others to show off, to make themselves look tough, to get attention, or to make others afraid of them. They may be being bullied themselves. They may not even realise that what they are doing is wrong and how it makes their victims feel.

Children and young people who bully can be helped to change their behaviour.

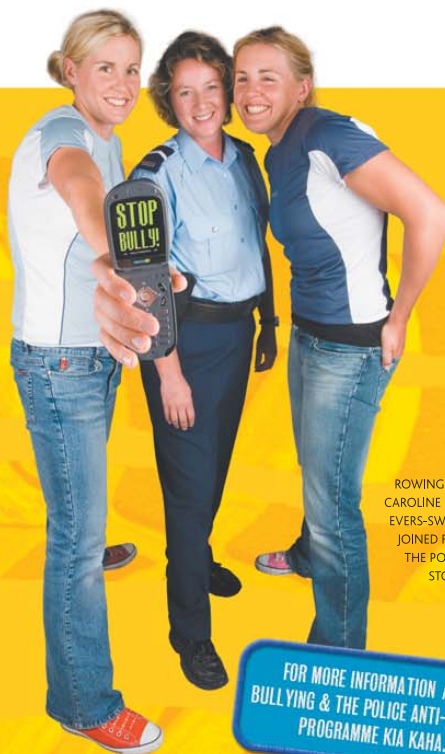
What can I do if I find that my child sometimes bullies others?

Explain to your child that bullying is wrong and that it is very upsetting for the person being bullied. Ask them how they would feel if someone were bullying them. Talk about how they can get on with other children and young people without bullying them. Praise them when they play co-operatively with others. Talk to your child's school and find out if they have appropriate programmes to help children and young people who bully, or if school counsellors can help.

Tell your child never to join in when someone else is being bullied and that they should always try to help the child or young person who is being bullied. If they don't do anything they are accepting that bullying is okay.

MAKE SURE THAT YOU NEVER BULLY YOUR CHILDREN

BULLYING IS UNACCEPTABLE BEHAVIOUR



ROWING CHAMPIONS CAROLINE & GEORGINA EVERS-SWINDELL HAVE JOINED FORCES WITH THE POLICE TO HELP STOP BULLYING.

FOR MORE INFORMATION ABOUT BULLYING & THE POLICE ANTI-BULLYING PROGRAMME KIA KAHA...

Visit www.nobully.org.nz or call the toll free helpline **0800 NO BULLY (0800 66 28 55)**

There's also useful information online at www.telecom.co.nz/mobilebullying and www.netsafe.org.nz

Young New Zealanders can also call **What's Up** for help and counselling on **0800 942 8787**

ADVICE FOR PARENTS AND CAREGIVERS

STOP BULLYING



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Your son's being called names at school. Your daughter says she has no friends and the others won't play with her.

This behaviour is not just part of growing up – it is bullying. And bullying must be stopped.

What is bullying?

Bullying is deliberate, hurtful behaviour that is usually repeated over a period of time. It happens when one person tries to use power inappropriately over others.

Some of the ways children and young people bully others are: name calling, saying or writing nasty things about them, leaving them out of activities or not talking to them, threatening them, or making them feel uncomfortable or scared, stealing or damaging their things, hitting or kicking them, or making them do things they don't want to do.

Some young people bully others via their mobile phone. This could be a photo, video message, phone call or TXT that makes the person receiving it feel threatened or uncomfortable.

It is hard for the person being bullied to defend themselves. They need you to help.

Bullying is unacceptable.

No one should have to put up with it.

Why is bullying harmful?

Being bullied can stop children and young people from leading a happy normal life. They may feel lonely, unhappy, frightened, unsafe and feel the bullying is their fault.

Signs that your child may be being bullied include stomach aches, nightmares, reluctance to go to school and loss of confidence. They may become isolated or withdrawn from friends and family. They often find it hard to concentrate on schoolwork.

Why are some children and young people bullied?

The child or young person who likes to bully looks out for someone who they think is weaker and can't stand up for themselves. Often the victim is different in some way, for example the colour of their skin, the way they talk, how clever they are, their name or their shape or size.

Bullying is never the victim's fault.

No one deserves to be bullied.

What can I do if my child is being bullied?

- ① Listen to what they are saying, believe them and be supportive.
- ① Thank them for telling you and explain they must always report bullying to an adult they trust.
- ① Reassure them that it isn't their fault.
- ① Talk about what can be done to solve the problem, such as avoiding the bullying children and making new friends.
- ① Encourage and praise them in the things they do well to help make them more confident. A confident child may be less likely to be bullied.
- ① Help them to feel comfortable about who they are and what they look like.
- ① Reassure them that you won't do anything without talking to them first.
- ① Raise the issue with your child's school and ask them what the school is doing to stop the bullying.
- ① Encourage the school to develop a 'no bully' policy.
- ① Suggest that the school implements the Police anti-bullying programme, Kia Kaha.

Note: it is not advisable to approach the child or young person who is bullying, or their family, yourself. It is best that this is done through the school. If it is a serious incident outside school, contact local police.

What should I do if my child is being bullied via their mobile phone?

Remind your child about the following:

- ① Never give out their number to people they barely know, especially online.
- ① If they get a message from an unknown number they should ignore it.
- ① If they get any message that makes them uncomfortable, they should not reply. Often bullies are just looking for a reaction.
- ① For advice, contact NetSafe on 0508 NETSAFE (0508 638 723) or email them at queries@netsafe.org.nz
- ① Keep all messages if there's space on the mobile – if not, make a note of the time, date and content. This information might be useful if the situation gets out of control.
- ① Talk to your child's mobile phone company; they might be able to send a warning to the bully or even block that person from their phone network. Telecom customers can call *123 from their mobile to do this. You could also ask to be swapped to a new number.
- ① If your child's a Telecom customer and you would like the calls investigated, contact Telecom on 0800 809 806 (Monday to Friday 9am – 4pm).
- ① The problem may need to be reported to the Police if the bully is making harmful threats or having a negative impact on day-to-day life.



BULLYING IS UNACCEPTABLE

ADVICE FOR YOUNG PEOPLE **STOP BULLYING**

What can you do if you see someone else being bullied?

Someone you know may be being bullied. You may have seen it happening, or you may suspect it is happening. Sometimes people don't do anything to stop the bullying because they are afraid they might get bullied as well.

But there are things you can do.

- ① You can comfort and look after the person who is being bullied.
- ① You can tell an adult about the bullying or help them to report the bullying themselves.
- ① You can stand up for the person being bullied.
- ① You might be able to stand up to the person who is bullying and make them stop.

Everyone must do something to stop bullying.

Do you sometimes bully others?

Have you ever bullied someone? Think about why you did it and how you were feeling at the time. If you sometimes bully others, try to find other ways to make yourself feel good.

MOST BULLIES AREN'T LIKED, EVEN IF IT STARTS OUT THAT WAY

TREAT OTHERS THE WAY YOU WOULD LIKE TO BE TREATED



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Often the person who bullies other people doesn't understand how bad it makes the other person feel.

Why are some young people bullied?

People who bully others look for someone who is weaker than they are and someone who they think won't be able to stand up for themselves.

They pick on them because they see them as lacking in confidence or different in some way – the colour of their skin, the way they talk, their name, their size or how clever they are.

Bullying is never the fault of the person being bullied.

No one deserves to be bullied.

What can you do if you are being bullied?

① Talk to someone you trust about it. This isn't telling tales.

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What can you do about mobile bullying?

- ① Be careful about giving out your number to people you barely know, especially online. People aren't always who they claim to be.
- ① If you get a message from an unknown number ignore it.
- ① If you get any message that makes you uncomfortable, don't reply. Often bullies are just looking for a reaction. Ignore them and they'll probably get bored and stop.
- ① If you need advice contact NetSafe on 0508 NETSAFE (0508 638 723), visit or email them at queries@netsafe.org.nz – they're pretty clued up and are full of good advice! Alternatively, talk to your parents or an adult you trust before the problem gets worse.
- ① Keep all messages if there's space on the mobile – if not, make a note of the time, date and content. You might need this information if the problem gets out of control.
- ① You can talk to your mobile phone company if the mobile bullying continues; they might be able to send a warning to the bully or even block that person from their phone network. If you're a Telecom customer call us free from your mobile on *123 to do this. You could also ask to be swapped to a new number.
- ① If you're a Telecom customer you can also ask us to investigate the calls by calling us on 0800 809 806 (Monday to Friday 9am – 4pm).

You may need to report the problem to the Police if the bully is threatening to harm you or others, or if the bullying is affecting your day to day life.