

# DEALING WITH BULLYING

## FACTS

### FORMS OF CONFLICT

1. CYBER
2. VERBAL
3. PHYSICAL

**75%**

of bullying is not recognised as bullying. People often think they are having fun or teasing. Also they may be reacting to something you've done to annoy them.

60% OF BULLYING IS CYBER

**84%**

of Australian students will experience bullying in their high school career. 27% experience frequent bullying.

### TOP 3 AREAS BULLIES TARGET

1. APPEARANCE
2. SEXUALITY
3. DISABILITY

OVER **70%**

of bullying stops when bystanders speak up

### MISSION: NOT TO REACT 3 TIMES.

95% OF BULLYING STOPS AFTER THREE TIMES WITH NO REACTION

IN **76%**

of cases, blocking a bully through social media, phone or text messaging helps the situation.

## STEPS



## ACTIVITES

### MAKE A LIST

List some things you are insecure about into 3 different categories.

1. Things you can change
2. Things you can change in the future
3. Things you need to change your mind about

### ASK THEM

"Have I done anything to offend you? If I have, I apologise and will do my best not to again."

### LET THEM KNOW

"Hey, I've asked if something I've done has offended you and you said I hadn't. You continued being aggressive towards me. I've been nice to you and still you continue. Just to let you know I've written down 4-5 situations of dates and times you have done and said things and if it happens once more I'll be forced to bring it up with teacher/management. I'm sorry to do this but if feels like you have something against me and it needs to be sorted out."