



Together We Are Safe, Together We Are Respectful, Together We Achieve

Wellbeing Wednesday #18

Each Wednesday we will be posting some exciting Wellbeing content for our community. This may include information about how you can support your children's and families' wellbeing, a snapshot on mental health issues currently prevalent in the community, or information about a local service in the area that might benefit you or your child.

This week's topic is Bullying

Bullying is never ok. It's hurtful and can impact someone for a long time. But what is bullying? It's more than just a fight or disliking someone. It's being mean to someone over and over again. Bullying is an *ongoing or repeated misuse of power in relationships, with the intention to cause deliberate (on purpose) psychological harm*. Bullying behaviours can be verbal, physical or social and can happen anywhere – at home, online, with friends, in a group, on the bus or at school.

- Verbal: Name calling, teasing, putting someone down, threatening to cause someone harm.
- Physical: Poking, hitting, punching, kicking, spitting, tripping or pushing someone, breaking someone's things, pulling faces or making rude hand signals.
- Social: Lying, spreading rumours, playing horrible jokes, leaving someone out on purpose, embarrassing someone in public.
- Cyberbullying: Using technology to hurt someone else by sending hurtful messages, pictures or comments.

Why would anyone want to be a bully?

There are lots of reasons why someone might bully others. No one who is happy within themselves bullies others. Whatever the reason, bullying is never ok.

Someone who bullies another person might:

- Feel jealous
- Want others to like them
- Want to feel better about themselves
- Want to fit in with their friends
- Feel angry inside
- Like to be in control or have power
- Have been bullied themselves
- Not know what they're doing is wrong

How does it feel to be bullied?

Everyone can relate to someone being mean to them. It doesn't feel nice when someone brings you down. Bullying is that feeling on repeat. It can affect your sleep, concentration, appetite, and school work. It can make you feel miserable, hopeless, depressed and in serious cases like hurting yourself. No one deserves to feel that way.

What can I do if I am being bullied?

Remember, you're not alone. There are people you can talk to and things you can do to stop the bullying. Firstly, if you feel comfortable, tell the bully they are making you uncomfortable. Often the bully doesn't realise the impact they are having. If that is not an option for you, or it doesn't work, tell someone in charge who you trust. Your parents, teachers, education support staff and principals are all excellent people to share your concerns with. Woodville has a very strict no bullying policy and we take claims of bullying very seriously. It is not a sign of weakness to speak up about bullying.

It is often the case that the bully needs help too, but instead of asking for help, they lash out at someone else. Reporting bullying is the best thing you can do for you and them.

We would also strongly recommend Kids Help Line on 1800 551 800. This is a call you can make by yourself or with an adult to help you. They are a free counselling service for kids to help with any issues you might be going through, including bullying.

For more information visit <https://kidshelpline.com.au/>

Have a great week!

Griffin Errey
Mental Health and Wellbeing Coordinator

Jodi Binion
Assistant Principal

Kids Help Line

Confidential and anonymous, telephone and online counselling service specifically for young people aged between 5 and 25. **Phone: 1800 55 18 00**

www.kidshelp.com.au/

Australian Government: Head to Health

Head to Health can help you find digital mental health services from some of Australia's most trusted mental health organisations. Provided by the Australian Department of Health, Head to Health brings together apps, online programs, online forums, and phone services, as well as a range of digital information resources.

headtohealth.gov.au/

Beyond Blue Support Service - Support. Advice. Action

Information and referral to relevant services for depression and anxiety related matters.

Phone: 1300 22 46 36

www.beyondblue.org.au/get-support/get-immediate-support

Black Dog Institute

The Black Dog Institute is a world leader in the diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder.

www.blackdoginstitute.org.au/resources-support/

Blue Knot Foundation Helpline (formerly Adults Surviving Child Abuse)

The Blue Knot Helpline provides information and short term counselling nationally via telephone for adults survivors of childhood trauma on **1300 657 380** and email helpline@blueknot.org.au ([link sends e-mail](#)) 7 days a week 9am to 5pm AEST.

www.blueknot.org.au

Butterfly Foundation

Butterfly provides support for Australians who suffer from eating disorders and negative body image issues and their carers. **Phone: 1800 33 4673**

thebutterflyfoundation.org.au/

Carer Gateway

Are you one of the 2.5 million Australians who care for a loved one, friend or neighbour? Find out information about the support services available to you, on the Carer Gateway.

www.carergateway.gov.au

Friendline

FriendLine is for anyone who needs to reconnect or just wants a chat. All conversations with FriendLine are casual and anonymous and our friendly volunteers are ready to talk about anything and everything.

friendline.org.au

Gambling Helpline

Starting to think gambling might be a problem? Find out about the signs of a problem and assess gambling issues and spending. **Phone: 1800 858 858**

<http://www.gamblinghelponline.org.au/>

Headspace

Headspace is the National Youth Mental Health Foundation. We help young people who are going through a tough time.

www.headspace.org.au/

Lifeline

24 hour telephone counselling service. **Phone: 13 11 14 or Text: 0477 13 11 14 6pm - midnight AEST**
www.lifeline.org.au/

Mensline Australia

A dedicated service for men with relationship and family concerns. **Phone: 1300 78 99 78**
www.mensline.org.au/

MI Networks

Offering access to relevant, up-to-date information, peer support and connections to local community networks, Mi Networks members provide a personalised response to the needs of individuals living with mental illness, their carers, friends and family members. **Phone: 1800 985 944**
www.minetworks.org.au/

1800RESPECT

National sexual assault, domestic family violence counselling services 24-hour online support for workers and professionals. **Phone: 1800 737 732**
www.1800respect.org.au/

PANDA - National Perinatal Depression Helpline

PANDA's National Perinatal Depression Helpline, funded by the Australian and Victorian Governments, provides vital support, information, referral and counselling to thousands of Australian parents and their families. Callers do not need to have a diagnosis of antenatal or postnatal depression to make contact with the Helpline, PANDA is keen to support any new parent struggling during pregnancy or after the birth of their baby, as well as their partner, family and friends. **Phone: 1300 726 306 from Mon – Fri, 9am – 7.30pm (AEST/AEDT).**
www.panda.org.au/

QLife

QLife provides Australia-wide anonymous, LGBTI peer support and referral for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships. **Phone: 1800 184 527**
qlife.org.au/

ReachOut.com

ReachOut.com is Australia's leading online youth mental health service. ReachOut.com is an initiative of the Inspire Foundation, an Australian non-profit with a mission to help young people lead happier lives.
au.reachout.com/

Relationships Australia

Relationships Australia is a leading provider of relationship support services for individuals, families and communities. **Phone: 1300 364 277**
<http://www.relationships.org.au/>

SANE Australia

SANE Australia is a national charity helping all Australians affected by mental illness lead a better life – through campaigning, education and research. SANE conducts innovative programs and campaigns to improve the lives of people living with mental illness, their family and friends. It also operates a busy Helpline and website, which have thousands of contacts each year from around Australia. **Phone: 1800 187 263**
<http://www.sane.org/index.php>