

How to reduce the chances of being bullied:

- Spend time with my friends – bullies hardly ever pick on people if they are with others in a group
- Do what I am good at to make myself feel and look strong
- Become more assertive, speak firmly and clearly and walk tall
- Ignore kids who are bullying, avoid getting involved in name-calling or teasing
- Remind myself that bullies have a problem and need help

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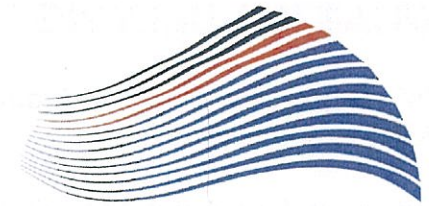
kincumber-h.schools.nsw.gov.au



Some useful information can be found here



www.headspace.com



**KINCUMBER
HIGH SCHOOL**



WHAT IS BULLYING?

NSW Department of Education
definition says bullying is:

*“intentional, repeated behaviour
by an individual or group of
individuals that causes stress,
hurt or undue pressure.”*

Just having a disagreement is not bullying. It's not bullying when two people of about the same physical and emotional strength have an argument. Bullying is repeated behaviour.

Cyberbullying is when someone is harassed, humiliated, embarrassed or threatened by someone who is using their mobile phone, tablet or computer to make unwanted contact.

Cyberbullying is against the law. If this happens to you, tell an adult. Remember to keep any unwanted text messages and screenshot unwanted social media posts as evidence. By doing this, you take control of the situation.



WHY DO SOME PEOPLE BULLY?

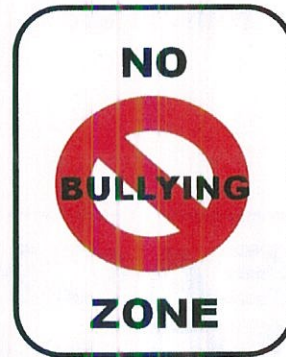
Bullies think they will:

- Be popular
- Look tough and in charge
- Get attention or things
- Make other people afraid of them

and they

- May not realise how it makes the other person feel!

Remember, at Kincumber High, we are a



So

- Stand and walk tall
- Look ahead and speak clearly
- Smile confidently

WHAT DO I DO
IF I FEEL LIKE
I'M BEING
BULLIED?

- IGNORE
- WALK AWAY
- REPORT

