

TEACHER INFORMATION SHEET

BULLYING

**“Knowing is not enough; we must apply.
Being willing is not enough; we must do.”**
– Leonardo da Vinci

INTRODUCTION TO BULLYING

Bullying is repeated negative behaviour intended to harm a person in an interpersonal relationship where there is an imbalance of power.

Covert Bullying – Relational or Indirect Bullying which is subtle and conducted out of sight, such as spreading rumours, deliberately damaging another’s reputation, and non-verbal insults.

Cyber-bullying – Bullying undertaken through digital and electronic means e.g. using online social media and mobile phones.

Exclusion – Deliberately and repeatedly leaving someone out and not including them in social interactions.

Overt Bullying – Direct bullying involving face-to-face interactions such as name calling, physical violence and threatening behaviour.

School violence – The use of physical force or power, threatened or actual, against oneself or others intended to cause harm in a school, or school related, context.

Violence – The use of physical force or power, threatened or actual, against oneself or others intended to cause harm

FREQUENCY

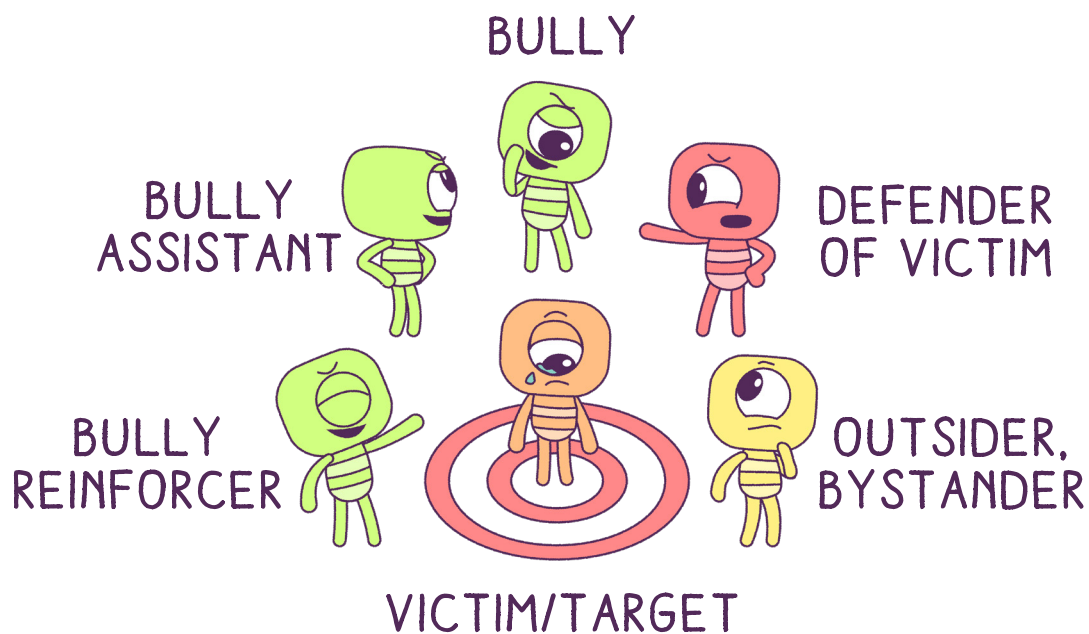
In 1991, the first Australian research on the incidence of bullying, among a sample of students at South Australian schools, was published. This and subsequent research of more than 9000 students from around Australia, aged from 7 to 17 years, indicates that 23% report being victimized on a weekly basis. On any given day, this would represent enough affected students to fill the Melbourne Cricket Ground. More disturbing is that 7% indicate they could definitely join in bullying another child. Incidence of self-reported bullying rates are highest in the primary years and in the early years of secondary school. An important caveat is that while bullying may occur in schools the responsibility for its prevention lies with the whole community of which the student is part i.e., family, recreational clubs and institutions such as churches.

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SCHOOL BULLYING

A physically harmful, emotionally hurtful & socially isolating experience.



EFFECTS OF BULLYING

The consequences of being involved in bullying vary and range from minor annoyance to suicide. It is associated with depression, loneliness, anxiety, low self-esteem and poor social self-concept.

INTERVENTIONS

Whole school interventions have been shown to have some impact on reducing the level of bullying of others and self reported victimization.

REFERENCES

Australia has some very helpful resources to access regarding bullying for students and parents.

Bullying No Way website <https://bullyingnoway.gov.au/>

The student wellbeing hub professional resources <https://studentwellbeinghub.edu.au/educators/professional-learning/resilient-and-inclusive-classrooms#/>

E-Safety commissioner website <https://www.esafety.gov.au/>