

BE AN UPSTANDER

An upstander is someone who chooses to support a person who is being bullied. There are many ways you can be an Upstander.

Upstanders...

- Intervene/Interrupt the bully (give the person a reason to leave, start a conversation, distract with a different game)
- Say "Stop! It's not okay!"
- Seek a teacher's help
- Check-in on the person being bullied "Are you okay?"
- Ask the person being bullied to play with you

At KRPS we are resilient when we are Upstanders!



BULLYING NO WAY!

What is bullying?

Bullying is when someone with more power than you deliberately and repeatedly tries to upset or hurt you. For example, they may be taller or older than you. They may feel that they have more friends.

What are the different types of bullying?

Bullying can happen in person or online. It can be hidden (covert) or obvious (overt)

There are 4 different types of bullying

- Cyberbullying
- Social bullying
- Physical bullying
- Verbal bullying

Bullying might involve repeatedly:

- physically hurting someone
- keeping someone out of a group (online or in person)
- saying mean or humiliating things, or spreading rumours or lies
- sending nasty messages or inappropriate images online
- tagging inappropriate images online.

A person can be bullied about many different things such as how they look, sound or speak; their religion, culture, their schoolwork, hobbies or achievements; or other ways they may be different.

What is not bullying?

Bullying is not the same as conflict or disliking someone – even though these things may sometimes lead to bullying.

If someone teases or behaves in a mean or aggressive way once, it isn't bullying. It is not okay, but it isn't bullying. A fight or disagreement between friends isn't bullying.

Get help for bullying

If you're being bullied or you see others being bullied, get help.

- Tell someone – a parent or carer, a relative, an adult friend, a teacher or the school's counsellor or psychologist. Ask for advice.
- If you want to talk to someone other than the school or your family, contact [Kids Helpline](#)^{External link}. You can call them for free on 1800 551 800.