

BULLYING FACTSHEET

Take action against bullying

Bullying can happen to anyone, anywhere. It can be physical, verbal, and emotional. It can cause severe distress and pain that can last a lifetime. Everyone has the right to feel safe, and to be treated fairly and respectfully. If you experience or witness bullying, take action to stop it.

WHAT IS BULLYING?

Bullying is any persistent intentional behaviour toward another person, which is intended to cause harm, fear, or distress. It includes threats, harassment, stalking, coercion, aggressive behaviour, and physical assault.

Cyberbullying is any persistent harassment toward another person that occurs online, through email, phones and other devices, which is intended to cause harm, fear or embarrassment. Cyberbullying also includes threats and stalking via the internet, and accessing another person's internet accounts without permission.

Examples

- Verbal harm, including teasing, threatening, name calling, and making negative or rude comments about the person
- Emotional harm, including intimidation and stalking
- Physical harm, including hitting, pushing, bumping into or tripping the person, and stealing their property
- Social harm, including excluding from groups or events, ignoring the person, and spreading rumours about the person
- Online harm, including posting or sending messages from their account as if it were them, or spreading unpleasant comments, videos or pictures of the person

Statistics

27% of young people (16-24 years) experience bullying

10% of young people (16-24 years) experience cyberbullying

88% of bullies are known to the target

65% of targets ignore the bullying, 35% fight back

Targets experience feelings of depression, anxiety, loneliness, leading to difficult in their study, work and social life

WHAT TO DO IF YOU ARE BULLIED

Take action to stop the behaviour

- Tell the person their behaviour is inappropriate, and you don't like it
- Ask the person to stop the behaviour
- Walk away from the bully and ignore the behaviour
- Ask the person to remove harmful or offensive content online
- Block the person online
- Do not respond to messages

Seek advice and support

- Tell someone you trust about the behaviour, e.g. a friend, family member or a counsellor
- Talk about how the behaviour has affected you
- Ask for their advice and support about how to respond or deal with the bully and their behaviour
- Seek help from a professional support service
- Think about positives in your life, e.g. your strengths, goals and plans
- Spend time doing things you enjoy and seeing people you like

Record and report the behaviour

- Keep a record of the bully's behaviour, what happened and when, as well what you did to try and stop the behaviour
- Keep any evidence of the behaviour, including photos of bruises, emails and messages, screenshots of posts or comments
- Report the behaviour to the social media site, e.g. Facebook or Twitter
- Report the behaviour to the University, e.g. teaching staff, Security, Student Matters or Safer Community
- If you feel unsafe or threatened, report the behaviour to the Police

HELPING OTHERS

How to be a Supportive Bystander

If you see someone who looks like they are being bullied, you should take action to be a supportive bystander, if you feel safe to do so. Taking action can be as simple as asking if they are ok or calling for help.

If you witness bullying, or someone discloses being bullied, you should:

- Ask the person who is being bullied if they are okay or if they need help
- Draw attention to the situation, for example tell the person to stop, or bring their behaviour to other people's attention
- Seek assistance from others, especially someone in authority or Security
- Call for help, Security (9919 6666) or Emergency Services (000)
- Do not engage in violence
- Listen and support the person who is being bullied
- Empower the person to seek help and report the behaviour

SAFETY AND SUPPORT SERVICES

Get help on campus

VUSafe (App)

All your safety and support services at VU in one app! Features: a silent alarm to Campus Security for immediate assistance, safety notifications, request first aid or a security escort, track the VU shuttle bus, start a virtual safe walk with a friend, report a tip to campus security, campus maps, emergency plans, as well as support services on and off campus. Download free for [iOS](#) and [Android](#).

www.vu.edu.au/safety-app

Security Services

Request a security escort, report a concern or incident, or seek emergency assistance on campus.

www.vu.edu.au/security

P: 9919 6666 (Emergency) or 9919 4999 (Enquiry)

Safer Community

Advice, assistance and referrals for students who experience or witness concerning behaviours on or off campus, including bullying, stalking, harassment, family violence, and sexual assault. Read our online resources, and report something concerning by phone, email or online.

www.vu.edu.au/safer-community

P: 9919 5707 E: Safer.Community@vu.edu.au

Student Advocacy

Confidential advice, support and representation to help you progress successfully during your course, for example discuss your progress, prepare for show cause hearings, attend misconduct hearings and advice on special consideration.

www.vu.edu.au/student-advocacy

P: 9919 5400 E: advocacy@vu.edu.au

Student Counselling

A free and confidential support service. You can speak to a counsellor about any concerns affecting your experience at VU or attend workshops to enhance study and personal skills, including time-management, and emotional intelligence.

www.vu.edu.au/counselling

P: 9919 5400

Student Matters

Manage the University complaint resolution process. Students can lodge a complaint in relation to the provision of University services or functions, behaviour of another student, or allegations of discrimination, harassment and bullying.

www.vu.edu.au/complaint-resolution

P: 9919 5007 E: Student.Matters@vu.edu.au

Welfare Services

Senior advisers provide free and confidential support and assistance to help you with a range of issues, including welfare, finance, and housing support. Our international student advisors are available to provide specialist advice for international students.

www.vu.edu.au/welfare

P: 9919 6100

Discrimination, Harassment & Bullying Contact Officers

Provide confidential support and impartial information, including options to manage and solve issues, for students who believe they have been subject to discrimination, harassment, sexual harassment, vilification and/or bullying.

https://askvu.vu.edu.au/app/answers/detail/a_id/2767

Get help off campus

Police

National emergency response and reporting.

www.police.vic.gov.au

P: 000

headspace

Support for young people aged 12-25 at centres, online or over the phone.

www.headspace.org.au

P: 1800 650 890

Lifeline

24/7 phone crisis support.

www.lifeline.org.au

P: 13 11 14

National Centre Against Bullying

Advice for people experiencing bullying.

www.ncab.org.au

eSafety

Advice, strategies and support for cyberbullying, as well as online reporting.

www.esafety.gov.au

P: 1800 880 176

References

www.humanrights.gov.au/what-bullying-violence-harassment-and-bullying-fact-sheet

www.resources.beyondblue.org.au/prism/file?token=BI/1181