

The Bullying Project 2018



Recommendations from children and young people



Children and young people understand how difficult it is for parents, educators and carers to effectively respond to bullying. They have come up with recommendations that they think will work.



We want to be more involved in anti-bullying programs.

Children and young people recommend that:

- There are opportunities in schools and the community for children and young people to have an active role in leading and running anti-bullying programs.
- Awareness raising programs be delivered by people who have had personal experience with bullying to make it more relatable.
- Programs in schools are delivered by people who use interesting and enjoyable approaches because students will learn more this way.



We want to be taught how to have difficult conversations with our friends and understand how to support each other.

Children and young people recommend that:

- Children and young people are taught skills so they can better prevent bullies and support their friends.
- Leadership roles are created for students to run groups to support children who have been bullied or who are using bullying behaviour, to teach them how to better treat each other.
- More opportunities are developed for peer support, starting in primary school and continuing in secondary school.



We think that having relationships with friends is an important part of bullying prevention.

Children and young people recommend that:

- Activities and groups based on interests, across year levels are introduced to build friendships.
- Support for student-led 'getting to know you' opportunities, for children to understand each other and make friends with those they might not normally connect with.
- Children are taught skills to develop friendships because sometimes they find this difficult.

Bullying hurts people. There could even be legal consequences in severe situations.



We feel that when bullying does happen there needs to be support available for everyone involved.

Children and young people recommend that:

- More counselling be made available for children in primary and secondary school.
- Counselling is provided by people who are neutral, trustworthy and trained.
- Parents need support too, so they can learn more about how to help their children if they are a victim or a bully or someone who wants to help.



We think being kind is a more effective strategy than exclusion or punishment.

Children and young people recommend that:

- Parents and teachers show kindness through their words including kindness to the bullies.
- Kindness is something that needs to be taught. Kindness has power.
- Learning how to treat others with kindness, respect and acceptance is important in preventing bullying.



We understand how worried parents and carers are about bullying and how difficult it is for them to help their child whether they are bullied or a bully.

Children and young people recommend that:

- Parents listen to what their child is saying and try not to respond to issues with suggestions from their childhood.
- Parents do practical things like check in daily, watch their children's grades and monitor friendships and online activities.
- Adults take responsibility for their own behaviour and how it impacts on children, including not judging each other at school drop off, arguing at sporting events and disrespecting others on social media.



We want teachers to be more supportive in their responses to bullying.

Children and young people recommend that:

- Teachers watch students more closely and ask if they are okay, rather than waiting for students to tell them there is a problem.
- Teachers should always take bullying seriously.
- Practical and positive communication skills are taught as part of everyday learning, not just as part of a program or event.



Visit ccyp.com.au to download the full **Bullying Project Report** and **Fact Sheets on Bullying Prevention**.

Children and Young People aged 10-19 years across the greater Adelaide region were consulted as part of the Commissioner's Bullying Project (2018). The information in this fact sheet is drawn from their responses.

