



**CAMDEN  
HAVEN**  
HIGH SCHOOL

**BULLYING. NO WAY!**

## STUDENT TIPS

### If it happens in person, try these:

- Ignore them – try not to show any reaction
- Tell them to stop and walk away
- Pretend you don't care
- Go somewhere safe
- Get support from your friends

### If it happens online, try these:

- Avoid responding to the bullying
- Report and block a cyberbully
- Protect yourself online using privacy settings and keep records

### If you see someone being bullied:

- Leave negative conversations/gossip. Don't join in.
- Support others being bullied

### If it doesn't stop:

- Talk to an adult (parent/carer/staff member) who can help stop the bullying.



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## PARENT TIPS

### If your child talks to you about bullying:

- Listen calmly and get the whole story
- Reassure them
- Ask them what they want you to do and how you can help
- Visit [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au)
- Check in regularly with them

### If you need help immediately:

- Call the school on 6556 8100
- Kids Helpline: 1800 551 800  
[www.kidshelpline.com.au](http://www.kidshelpline.com.au)
- Call Headspace: 1800 650 890  
[www.headspace.org.au](http://www.headspace.org.au)
- Online bullying [www.esafety.gov.au](http://www.esafety.gov.au)

