



FACT SHEET - What is bullying and harassment?

Bullying and harassment occur when people use and abuse power to trouble, annoy or oppress a person.

As many as 20 per cent of students in Australian schools have experienced bullying and harassment. The real figure may be even higher, because many problems are not reported.

Bullying and harassment can often be based on perceived differences such as

- culture
- ethnicity
- gender
- sexuality
- economic status
- sexual orientation
- ability or disability
- economic status
- religion
- body size
- physical appearance
- age
- marital status

Bullying and harassment can...

- come in many forms for example:
 - Physical bullying:** Being hit, tripped, kicked, pinched etc
 - Verbal bullying:** being called names, teased, put down etc
 - Psychological bullying:** being threatened, stalked, gestures etc
 - Social bullying:** being ignored, having rumours spread about you, excluding someone etc
 - Sexual bullying:** unwanted touching or brushing against someone, picking on someone because of their sexual orientation etc
 - Cyber bullying:** insulting someone in chat rooms, sending cruel or threatening emails/text messages; using the web, chat rooms or mobile phones to spread rumours or information about someone etc
- be motivated by jealousy, distrust, fear, misunderstanding or lack of knowledge
- make people feel threatened
- continue over time
- be hidden from adults
- continue if adults and peers take no action.

I WOULDN'T BULLY ANYONE! Whether we're younger, older, an adult, a friend, we can all be bullied or use our power to bully and harass others.