

The Bullying Project 2018

Recommendations from children and young people

1

Children and young people said they want to be taught how to have difficult conversations with their friends and understand how to support each other.



They 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.

2

Children and young people said that they want to be more involved in anti-bullying programs.



They 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.

3

Children and young people said that having relationships with friends is an important part of bullying prevention.



They recommend:

- 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.

4

Children and young people said they wanted teachers to be more supportive in their responses to bullying.

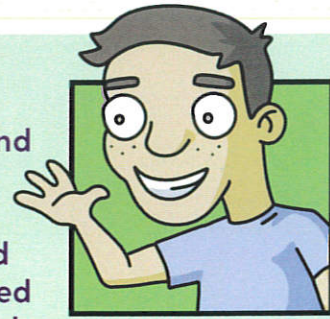


They recommend that:

- 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.

5

Children and young people understood 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.



They 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.

6

Children and young people said that being kind is a more effective strategy than exclusion or punishment.



They 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.

7

Children and young people felt that when bullying does happen there needs to be support available for everyone involved.



They 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.