

# TAKE A STAND **TOGETHER**



Take a Stand Together is a free app that has tips and advice about bullying.

App Store



### Need help?

Kids Helpline

www.kidshelp.com.au 1800 551 800

Headspace www.headspace.org.au 1800 650 890

Online bullving www.esafetv.gov.au

www.bullyingnoway.gov.au



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## Bullying - what can you do?

#### If it happens in person:

- · ignore them
- tell them to stop and then walk away
- pretend you don't care
- go somewhere safe
- get support from your friends.

#### If it happens online:

- · avoid responding to the bullying
- block and report anyone who is bullying online
- protect yourself online use privacy settings and keep records.

#### If you see someone being bullied:

- leave negative online conversations don't join in
- support others being bullied.

#### If it doesn't stop:

If it happens in person:

pretend you don't care

• get support from your friends.

· avoid responding to the bullying

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If you see someone being bullied:

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settings and keep records.

• protect yourself online - use privacy

• leave negative online conversations -

• go somewhere safe

If it happens online:

bullying online

ignore them

- talk to an adult (parent, teacher) who can help stop the bullying
- keep asking for support until the bullying stops.

Bullying – what can you do?

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