

## **Bullying – what is it? What help is available?**

**1. Reach Out** is Australia's leading online mental health organisation for young people and their parents. They offer practical support, online tools and tips for many difficult situations including Bullying. Have a look at:

<https://au.reachout.com/everyday-issues/bullying>

2. School-age bullying: helping your child – produced by the **Raising Children Network**:

[http://raisingchildren.net.au/articles/bullying\\_helping\\_your\\_child.html](http://raisingchildren.net.au/articles/bullying_helping_your_child.html)

Cyberbullying: spotting the signs and helping your child is found at

[http://raisingchildren.net.au/articles/cyberbullying\\_help.html](http://raisingchildren.net.au/articles/cyberbullying_help.html)

3. As mentors, it can be difficult to get your students to talk about their fears and hurts – especially when they are being bullied. Younger children will need your help articulating what's going on with them. Older children often keep their hardships to themselves out of a desire for independence or because they fear retaliation. By setting the right climate – listening, not lecturing – you can find out the facts and help put an end to the bullying.

– Dr. Edward F Dragan

This website – **The Bully Project** has been created to help parents to assist when children are being bullied. However the information is very relevant for mentors. You will find a bunch of resources written by experts in the USA and Australia to help parents and mentors if a child is being bullied or if a child is bullying others.

Have a look at <https://thebullyproject.com.au/parents/>