

Getting back your confidence, safety and sense of belonging

Sometimes things happen that leave you feeling unsure, sad or not quite like yourself. This can happen when someone has been unkind at school or online. It's normal to need time and support to feel safe, confident and like you belong again.

If you're ever worried or feel unsafe, talk to a trusted grown-up. This could be a parent, carer, teacher or someone else you trust. They can support you.

Note

Sometimes people are unkind about who you are, how you look or where you are from. This behaviour is about them, not you. There is nothing wrong with being you.



Finding your way back to feeling like you

These small steps can help you feel better after someone has been unkind.

Feel safe again

- Stay close to the people and places that feel safe.
- Talk to a trusted grown-up right away if it happens again.
- You can stay away from the person who caused harm or the place where it occurred for as long as you need to.



Build your confidence and belonging

- Do activities that you are good at or try a new activity that you enjoy. Learning new things can boost your confidence. It can also help you make new friends.
- Spend time with kind people.
- Tell a trusted grown-up when feelings change.



Small steps

Even friends can disagree sometimes. Small steps can help things feel better. You do not have to be friends again or straight away. It can take time for things to feel better after a disagreement.

- Ask a trusted grown-up for help.
- If you said or did something that hurt someone else's feelings, say sorry.
- You can take all the time you need.



Next steps

Find your way to feeling safe again. You deserve to feel included and happy. You do not have to do it alone. Ask a trusted grown-up, like a parent, carer or teacher, for help. Trusted grown-ups are there to help you when you need it. You can also talk to someone at the support organisations listed below in the 'Where to get more help' section.

Where to get more help

If you need further support, help is available:

Kids Helpline: 1800 55 1800 or [kidshelpline.com.au](https://www.kidshelpline.com.au). Free, confidential counselling for bullying and other harmful behaviours, school issues, online harm and wellbeing, available 24/7.

Beyond Blue: 1300 22 4636 or [beyondblue.org.au](https://www.beyondblue.org.au). Mental health support for stress, anxiety or overwhelm, available 24/7.

Lifeline: 13 11 14 or [lifeline.org.au](https://www.lifeline.org.au). Crisis support and counselling if things feel overwhelming, available 24/7.

Dolly's Dream Bullying Support Line: 13 36 55 (13 DOLLY) or [dollysdream.org.au](https://www.dollysdream.org.au). Counselling and guidance for children and young people experiencing bullying and other harmful behaviour, available 24/7.

headspace/ehedspace: 1800 650 890 or [headspace.org.au](https://www.headspace.org.au). Mental health, wellbeing and early intervention support, available 9 am–1 am daily.

1800RESPECT: 1800 737 732 or [1800respect.org.au](https://www.1800respect.org.au). Sexual assault, family and domestic violence counselling line for anyone who has experienced, or is at risk of, family and domestic violence and/or sexual assault, available 24/7.

13YARN: 13 92 76 or [13yarn.org.au](https://www.13yarn.org.au). Culturally safe 24/7 support for Aboriginal and Torres Strait Islander people.

QLife (LGBTIQA+ young people): 1800 184 527 or [qlife.org.au](https://www qlife.org.au). Free, anonymous peer support and referral service, available 3 pm–9 pm daily.

eSafety Commissioner: [esafety.gov.au](https://www.esafety.gov.au). Report cyberbullying, get advice and request content removal support.

Australian Human Rights Commission: [humanrights.gov.au](https://www.humanrights.gov.au). Support for cases involving discriminatory harm. Reports can be made via their website or by emailing infoservice@humanrights.gov.au.

Connected resources

- Who can help me? What happens next?



State, territory and non-government education sectors will reflect the expectations of the National Framework for Addressing Bullying in Australian schools in their policies and procedures by Term 1 2027. This includes making reasonable efforts to initiate a response to bullying and harmful behaviour within two school days, recognising that further time may be required to fully address the issue. By Term 1 2027, all schools will also publish or link to policies and procedures that align with the National Framework (or equivalent contemporary jurisdiction specific Frameworks) and their local policies and school context.