



Australian Government



Foundation to Year 5

## What are the signs of harmful behaviour?

Sometimes things happen that do not feel right. You might be teased, left out or pushed around. This could happen in person at school, online or somewhere else. This resource helps you understand bullying and other harmful behaviours. It helps you think about what might be happening to you.

This is a space just for you. There are no right or wrong answers. You can skip anything that does not feel right. Take your time. Come back whenever you like.

Take one slow breath in, then out. Look around you and name three things that you can see. You might see a tree out a window or a pencil on a table. Noticing small things around you can help you feel calm.

You are safe here.



## 1. How do I feel?

How does what is happening make me feel?

Listen to your feelings because they are a clue. What you feel matters. You do not need to know what to call it. Talking to a trusted grown-up, such as a parent, carer or teacher, can help.

'When it happens, I feel...'

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### Examples

- ◉ I feel sick in the tummy on the way to school.
- ◉ I do not want to go where a certain person will be.
- ◉ I am not sleeping well because I keep thinking about what happened.
- ◉ I feel left out of a group chat or online game.

## 2. What do I experience?

Did it happen once or does it feel like it keeps happening?

'This has happened... (once, a few times, or lots of times), and it feels...'

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### Examples

- ◉ I feel left out of games, chats and social plans.
- ◉ Someone sends me unkind messages, even after I stop replying.
- ◉ A group spreads an untrue rumour about me.
- ◉ Someone keeps commenting on my looks or things about who I am.
- ◉ Someone hits, pushes, kicks or knocks me in a rough way.
- ◉ Someone makes jokes about me or says unkind things that make me feel embarrassed.

### 3. Does it feel hard to make it better?

Does it feel hard to make it stop? Does it feel like I can't fix it on my own?

Think about:

- ◉ Have I tried to ignore it or walk away?
- ◉ Do I feel scared, sad, unsafe or embarrassed?
- ◉ Do I avoid places or certain people?
- ◉ Do I feel I cannot tell anyone, or that I won't be believed?

If you feel any of these things, that is an important sign. It does not mean you have done anything wrong. Tell a trusted grown-up. It is always a good step. You do not have to handle this alone.

'I have tried... but...'

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#### Note

It matters even if it only happened once. If it keeps happening in person, online or both, something more serious is going on. You should ask a trusted grown-up for support.



### 4. Who could help?

Who is one person I could talk to?

Example: Is there a trusted grown-up who makes me feel safe?

They could be:

- ◉ a teacher
- ◉ a parent or carer
- ◉ another grown-up I trust.

Talking to someone is a brave and helpful step.

'One person I trust is...'

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## Did you say yes to these questions?

Whatever is happening, you deserve to feel safe.

Tell a trusted grown-up. It is always the right move.

You can also talk to someone at the support organisations listed below in the 'Where to get more help' section.

## Connected resources

- ◉ Who can help me? What happens next?

## Where to get more help

If you need further support, help is available:



**Kids Helpline:** 1800 55 1800 or [kidshelpline.com.au](http://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](http://beyondblue.org.au). Mental health support for stress, anxiety or overwhelm, available 24/7.

**Lifeline:** 13 11 14 or [lifeline.org.au](http://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](http://dollysdream.org.au). Counselling and guidance for children and young people experiencing bullying and other harmful behaviour, available 24/7.

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

**1800RESPECT:** 1800 737 732 or [1800respect.org.au](http://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](http://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](http://qlife.org.au). Free, anonymous peer support and referral service, available 3 pm–9 pm daily.

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

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

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.