



What do I need? Supporting yourself and self-care

It is important to look after yourself after experiencing or witnessing bullying or other harmful behaviours. This helps you recover and feel better.

This resource will help you think about what you need to feel better and where you can find support. This is a space just for you. Take your time. You don't need to know everything, and you can skip anything that doesn't feel right.

Recovery looks different for everyone. You matter, and you can ask for help. Things can get better, even if it doesn't feel like it right now.

How am I doing right now?

Think about how you are feeling right now. Mark or circle where you are on the scale. There is no right or wrong place to be.



If it helps, circle or reflect on any feelings you can relate to. You can add any other words to this list.

- ⊙ Tired
- ⊙ Anxious
- ⊙ Angry
- ⊙ Numb
- ⊙ Hopeful
- ⊙ Confused
- ⊙ Relieved
- ⊙ Sad
- ⊙ Okay
- ⊙ Disappointed
- ⊙ Scared

Note

Ask a trusted adult, such as a parent, carer or teacher, for support. They can help you.

Go to the 'Connected resources' section for more advice. You can also talk to someone at the support organisations listed in the 'Where to get more help' section at the end of this resource.



'It's okay to cry, and it's okay to have feelings; the important part is that you express those feelings appropriately.'

– YOUNG PERSON, PROJECT
ROCKIT NATIONAL
YOUTH COLLECTIVE

What has it been like?

Bullying and other harmful behaviours can affect people in different ways. Read the questions below and think about how you would answer them. If it is helpful, you could write your thoughts down.

- ◉ What does your body feel like when you think about what has been happening? Does it tense up, feel funny or hurt?
- ◉ What has felt hardest recently? Has it been hard going to school, seeing friends, going online or concentrating on schoolwork?
- ◉ Is there anything that has felt even a little bit better or easier?
- ◉ Is there something you have been needing that you have not been able to ask for yet?.

What helps me feel better?

What can help looks different for everyone, and there is no right answer.

Sometimes harm is connected to who you are, such as your cultural background, religion, gender, disability or another part of your identity. If this happened to you, your recovery may include finding spaces and communities where you feel safe. This can help you feel valued for exactly who you are. That is not just self-care. It is an important part of recovery

'Healing is getting your glow and sparkle back ... Sometimes you need to remember that you deserve to be happy too.'

– YOUNG PERSON, PROJECT
ROCKIT NATIONAL YOUTH
COLLECTIVE



If you have been bullied or harmed because of who you are, such as your race, gender, disability or any other identity-based factor, go to the **Australian Human Rights Commission** at humanrights.gov.au to learn about your rights and find support.

Think about the questions below. Write some ideas in the boxes.

Connection and safety	Comfort	Recovery
Where do you feel safe? Who do you feel safe with?	What helps you feel better in the moment when you are upset or angry? What helps you feel calm in these moments? Does it help to cry, talk to a friend or trusted adult or go for a walk outside?	What can help you feel like yourself again, over time? Does it help to keep a routine and practise healthy habits, do a hobby or spend time with people you trust?

'If I could give one piece of advice to anyone struggling with bullying, whether it's loud or quiet, you have every right to walk away from the person or people hurting you, even if it means losing a relationship you've been fostering for years. Because it's better to lose someone else than to lose yourself to their negativity.'

– YOUNG PERSON, PROJECT ROCKIT NATIONAL YOUTH COLLECTIVE



What do I still need?

Recovery does not always happen fast or on its own. It often takes time and work to start feeling better. You may also need help from others. If you are finding things hard, asking for more support is not a sign of weakness. It is the next step. Asking for help is brave and smart.

Next steps

Finish the sentences below to think about the next steps you can take. You might relate to some of the ideas suggested, or you may have other thoughts. Some things might seem easy, and some might seem hard. That is okay.

- It might help to... [talk to a trusted adult like a parent, carer or teacher, get support from a friend, have someone check in on me, spend time doing activities I enjoy]

- I would like help with [creating a safety plan, developing new friendships, talking to my parents or carers, or another trusted adult, working out what to do next]

Note

Talking to a trusted adult, such as a parent, carer or teacher, is always the right thing to do.

Go to the 'Connected resources' section for more advice. You can also talk to someone at the support organisations listed in the 'Where to get more help' section at the end of this resource.

What you have been through is difficult. Getting through it, even slowly and imperfectly, takes strength. You are important and allowed to take your time.



Note

If you are feeling sad, anxious or distressed and things are not getting better, talk to a school counsellor or a trusted adult, like your parent or carer, or your family doctor. You can also talk to someone at the support organisations listed in the 'Where to get more help' section.

If the first person doesn't help, tell someone else. Keep trying.

Connected resources

- ◉ Regulation and self-management
- ◉ Who's in my corner?
- ◉ Rebuilding trust and safety
- ◉ 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. 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. Mental health support for stress, anxiety or overwhelm, available 24/7.

Lifeline: 13 11 14 or 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. 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. Mental health, wellbeing and early intervention support, available 9 am–1 am daily.

1800RESPECT: 1800 737 732 or 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. Culturally safe 24/7 support for Aboriginal and Torres Strait Islander people.

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

eSafety Commissioner: esafety.gov.au. Report cyberbullying, get advice and request content removal support.

Australian Human Rights Commission: humanrights.gov.au. Support for cases involving discriminatory harm. Reports can be made via their website or by emailing 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.