

What happens next?

You have told a trusted adult about bullying or other harmful behaviours. What happens now? Use the flowchart below to get an idea of what to expect.

Note

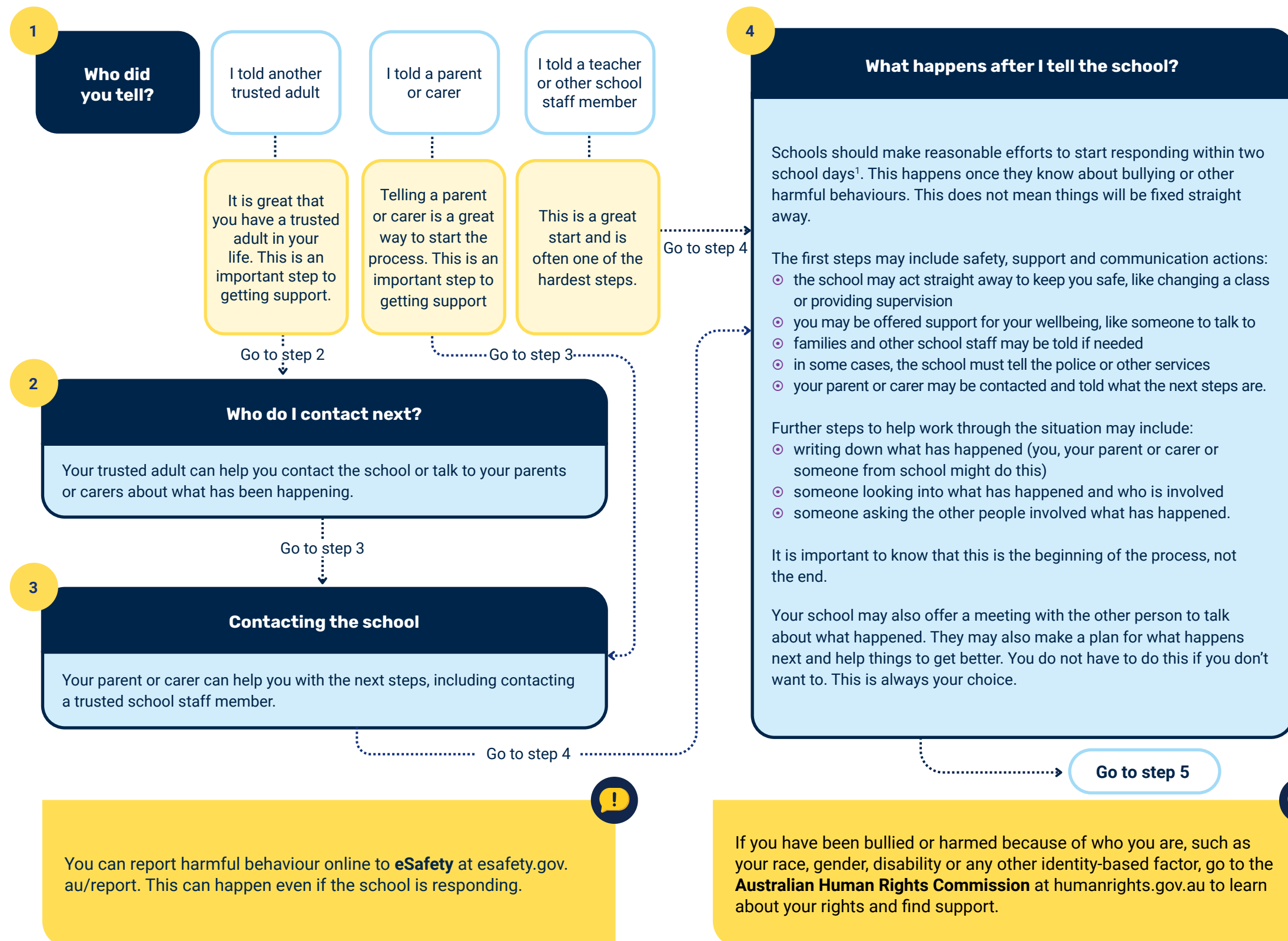
If the first person you've told hasn't helped, tell someone else. Keep trying. You can also talk to someone at one of the support organisations listed in the 'Where to get more help' section at the end of this resource.

Go to the 'Connected resources' section for more support if you are still unsure about telling a trusted adult.

Keeping records of bullying and other harmful behaviours can help you have conversations about what has happened when you are ready. Go to the 'Connected resources' section for more details on what to record.

'Sometimes asking for help can feel like admitting to weakness. In 'reality, it is the bravest action of all.

– YOUNG PERSON, 16, PROJECT
ROCKIT NATIONAL YOUTH
COLLECTIVE



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What if I am called in to school to talk to someone?

A school staff member will likely talk to you. It might be the person you told, your teacher or a different school staff member. You can have a parent, carer or support person with you if you would like.

This gives the school a chance to find out what has happened and check in on how you are feeling. If you have collected any evidence, this is good to share here. Share what you know honestly and ask questions about what happens next.

Go to step 6

6

What happens to the other person?

You might not be told exactly what happens to the person who caused harm. Schools have to protect everyone's privacy.

Go to the 'Connected resources' if you would like help with rebuilding trust and safety.

Go to step 7

7

Is it getting better?

Are things improving since you told the school? If not, ask for more help from the same person or a different person at school. Keep trying until you find a trusted adult who helps you.

Go to the 'Connected resources' for more support if you're not sure who to talk to. You can also talk to someone at the support organisations listed in the 'Where to get more help' section listed at the end of this resource.

Yes - go to step 8

No - go to step 9

8

Great! Keep talking to your trusted adult

If things seem to be improving, this is great. Keep checking in with your trusted adult and tell them immediately if the situation changes. If the first person doesn't help, tell someone else. Keep trying.

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Tell your trusted adult

If nothing seems to have changed or it is getting worse, that is not okay. Tell your trusted adult that nothing has changed, or talk to someone else. Keep trying.

Note

If you told the school more than two school days¹ ago and you haven't heard anything back, you can contact someone at school again and ask what happens next.

If you are not sure what to do, talk to your parent or carer or another trusted adult. 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.

Keep talking to your trusted people. You do not have to manage this alone, and telling someone once is not the end of the process. Your wellbeing and safety are important, and asking for help is one of the bravest things you can do.

'Sometimes asking for help is the hardest part when being bullied'

– YOUNG PERSON, 16, PROJECT
ROCKIT NATIONAL YOUTH
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Connected resources

- Who's in my corner?
- What if I don't want to tell someone? A guide for help-seeking
- Rebuilding trust and safety
- Keeping a record – What to save and why

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/ehespace: 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.

1 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 polices and school context.