



Australian Government

TOGETHER
AGAINST
BULLYING

Foundation to Year 5

What to do when friendship is hard

Friendships can be tricky sometimes. Almost everyone feels left out, hurt or confused at some point. Here is a list of things you can try. You do not have to try them all. Pick the ones that feel right for you.

1 Start with how you feel



Notice how you feel and give it a name. This can make it easier to handle.



Give yourself time. You may need time and support to feel better feel hard, and this is okay.



Draw or write down how you feel.



Things you can try



Talk to a trusted grown-up about how you feel. This could be a parent, carer, grandparent, aunty, uncle, a teacher, or someone else.



If you feel safe, talk to your friend about how you feel and ask them how they feel. This can help you understand each other and may help to make things feel better.



Say something kind to the friend you disagreed with. If you think you hurt them, saying sorry can help too.



Spend time with someone else you like being around.



Do something you enjoy, even on your own for a while.



These ideas work online too

If something feels wrong in an online group chat, game or message, you can:



name the feeling



give yourself time



tell a trusted grown-up.

Next steps

Friendship problems can be normal. They do not last forever.

Talk to a trusted grown-up about how you feel. This is important, especially if you feel unsafe or if the same thing keeps happening.

Asking for help is brave and smart. If things don't feel better with your friend after trying the things above, you may not want to continue the friendship.

That is okay.

Everyone deserves to feel safe and supported. You can also talk to a trusted grown-up about this.



Connected resources

- ◉ What can bullying look and feel like?
- ◉ 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. 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 polices and school context.