

Who can help me? What happens next?

People can do things that make you feel sad, hurt or unsafe. This can happen at school or online. You are not alone. Talk to a trusted grown-up. They can support you and help you decide what to do next.

Who can help me?

There are grown-ups who care and want to help.

A trusted grown-up is someone who:

- ◉ listens to you
- ◉ believes you
- ◉ wants to help
- ◉ helps you feel safe.

If you are not sure who to tell, start with the person who feels safest. This could be a parent, carer, teacher or another trusted grown-up. You can also talk to someone at the support organisations listed in the 'Where to get more help' section.

What should I say?

You might need help with what is happening. It can be hard to know what to say. You can use simple words like these:

'Can I talk to you about something that's happening with some kids at school?'

'Something is happening at school, and I don't know what to do.'

'I keep getting left out, and it doesn't feel like it will stop.'

'Someone has been doing things that hurt my feelings, and I need help.'

'Something happened online that upset me, and I want to tell someone.'

You can simply say: *'Something is wrong, and I need help.'*

What happens after you tell?

Telling a trusted grown-up is brave. You do not have to carry the worry alone any more. They will help you.

Here is what should happen next:

- ◉ They will listen to you and believe what you are telling them.
- ◉ They will help you feel safe.
- ◉ They will make a plan with you.
- ◉ They will check in with you to see how you are going.

If you have talked to a trusted grown-up and nothing has changed, speak to another trusted grown-up. You deserve to feel supported and safe. You can also talk to someone at the support organisations listed in the 'Where to get more help' section.

You are not alone and will not be in trouble for telling. Grown-ups at school can help you feel safe again. Once they know about the bullying, schools should start trying to help you feel safe within two school days¹. It can take time to fix things, but you should feel supported and safe.

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 policies and school context.





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.

Connected resources

- What are the signs of harmful behaviour?
- Looking out for others
- Rebuilding confidence, belonging and a sense of safety



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