

Bullying: learn how to spot it and help stop it

Bullying is harder to spot than you think and happens more often than you may realise.

It can happen in person or online, but when we know how to recognise it, we're better equipped to stop it.

The Australian Government has launched free resources at www.LetsStopBullying.gov.au, to help parents, carers, and young people understand, recognise and prevent bullying and other harmful behaviours.

How to spot it

Sometimes bullying is easy to see, but often it happens in ways that are hidden and harder to notice. This can make it more difficult to recognise.

Bullying can involve different harmful behaviours that stop people from feeling safe, respected and included.

Changes in a young person's behaviour can sometimes be a sign that they are experiencing harm. It is important to think about these signs alongside the child's own situation.

Types of bullying and other harmful behaviours can include:

- **Physical:** face-to-face that may involve physical harm or damaging or stealing belongings.
- **Verbal:** threats or name-calling or insulting someone.
- **Social:** exclusion or spreading rumours
- **Online harm:** using technology to harass, shame or harm, including sharing harmful information. Cyberbullying and new digital technologies, such as AI-generated or altered images, can also create new forms of harm.

This is not a complete list, and all bullying and harmful behaviour should be taken seriously.

How to help stop it

Everyone has a role to play to help stop bullying. This includes parents, carers, school leaders, teachers, non-teaching school staff, students, and the wider community.

We can all start by learning more about bullying and what to do to help prevent it or if you see it happening.

If you're being bullied, it's important to remember that you're not alone and there is support available.

How to start the conversation

The Australian Government has published free resources to help parents, carers, and young people understand, recognise and prevent bullying and other harmful behaviours.

At LetsStopBullying.gov.au you can find:

- Educational factsheets
- Infographics and guidance videos
- Conversation starters and reflection tools.

Resources are also being developed for the school workforce and will be available later in 2026.

Experiencing bullying?

If you are experiencing bullying, private and confidential support is available from:

Lifeline – 13 11 14

Beyond Blue - 1300 224 636

Kids Helpline - 1800 551 800

13YARN - for First Nations people – 13 92 76

The Suicide Call Back Service – 1300 659 467

QLife for the LGBTQIA+ community – 1800 184 527

Learn more at LetsStopBullying.gov.au