

# fact sheet 3

## Remember...

**Complaints to the Anti-Discrimination Board or Australian Human Rights Commission have to be made within 12 months of the incident.**

## No-one deserves to be bullied!

If you are being bullied and you would like to talk to someone you can contact the services below:

**Beyond Blue 1300 224 636**  
(helps with depression and anxiety)

**Kids Helpline 1800 551 800 (24 hours)**

**Headspace [www.headspace.org.au](http://www.headspace.org.au)**  
(they have services across NSW and they can help with depression, anxiety, drug and alcohol issues)

**Youthline (02) 9633 3666 (24 hours)**

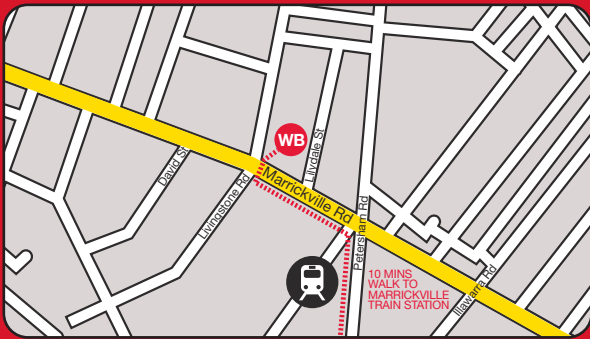
**If you'd like to speak to someone about bullying call:**

**Wirringa Baiya Aboriginal Women's Legal Centre**  
**1800 686 587**

**Anti-Discrimination Board**  
**1800 670 812 / 9268 5544**

**Australian Human Rights Commission**  
**1300 656 419**

**NSW Department of Education and Training**  
**131 536**



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# BULLYING

## What is bullying?

Bullying is any cruel or abusive behaviour, including physical violence, threats or harassment by one person or group of people towards another person. Harassment means ongoing abuse, whether it be physical, verbal, via text messages or internet sites like facebook.

Using or threatening violence is against the law.

### Bullying can include:

- ☞ making fun of someone
- ☞ threatening to hurt them
- ☞ making sexist and/or racist remarks
- ☞ writing mean things about a person where it can be seen in a public place like on a wall ie graffiti
- ☞ making fun of how a person looks, dresses or acts
- ☞ frightening a person

- ☞ spreading rumours about someone or about their mob
- ☞ being homophobic which is making fun of or not liking someone because they are gay or a lesbian
- ☞ making someone feel uncomfortable
- ☞ standing over a person/intimidating a person
- ☞ demanding money or stuff like shoes, mobile phones and computer games
- ☞ name calling
- ☞ throwing things at people.

Bullying can stop people going to places, like the shops or school. It can make a person very depressed and stressed out. It is not OK behaviour.

**It is not COOL  
to be CRUEL**

## What can I do if I'm being bullied?

- ☞ Talk to your parents or someone else you can trust
- ☞ If it happens at school, report it to a teacher, your counsellor or your principal. If your school doesn't do anything about the bullying, complain to the:
  - ~ Department of Education and Training District Office
  - ~ Anti-Discrimination Board
  - ~ Australian Human Rights Commission
- ☞ If someone threatens you or uses violence, tell the police. Some types of bullying, like threats and assaults, are crimes. You may need an Apprehended Violence Order. Speak to a lawyer to get more information about this.

If it happens at work it might be discrimination and you should get legal advice about making a complaint.

For more information on workplace bullying you can contact the NSW Office of Industrial relations Aboriginal and Torres Strait Islander Unit on ph: **1300 361 968**

**Turn over...**