

Developing resilience & dealing with bullying



Adolescent Transition

Adolescent Transition Education Package | **Fact Sheet 8**

An information sheet for patients transitioning from paediatric to adult health services

Bullying

Bullying occurs when an individual or group of people deliberately upset or hurt another person, that person's property, their reputation, or social acceptance, and this action repeatedly occurs over time.

Bullying can be a very upsetting and frightening experience for any young person. A lot of the time it may not be picked up by the adults who are around. This can make it more frightening because there may not be anyone who knows what you're going through.

Bullying is very common and can happen to anyone; there are no cultural, age, gender or sexuality barriers. You may be bullied at school, in the workplace or at home.

Bullying is never ok and should never be accepted as part of life.

No matter where the bullying takes place you should always speak up and there are always people who care and can help you.

Types of bullying

Direct Physical Bullying – This is when a bully uses physical actions such as hitting or pushing to provoke their victim.

Direct Verbal Bullying – This is where negative language such as name-calling, racist or homophobic remarks, is repeated to intentionally upset someone.

Indirect Bullying – Is harder to recognise and usually occurs behind someone's back with the intent to humiliate or damage a person's reputation.

Social Bullying – Is behaviour that may deliberately exclude someone from a group of people such as lying about them and playing nasty jokes on them.

Psychological Bullying – Is the intentional use of words or actions that cause psychological harm.

Examples of this may be intimidation, manipulation or stalking behaviours.

Cyber Bullying – Is when a form of technology is used to verbally, socially or psychologically bully. This can happen in chat rooms, on social networking sites or through the use of mobile phones.

All of these types of bullying can be damaging. If you are experiencing any of these behaviours, it is important to get help.

Getting help

There are lots of actions you can take. Most people try and deal with it themselves to start with. Even if you plan to do this, it is still a good idea to tell someone who cares for you about it.

If it doesn't stop, it is time to allow other people to help. Don't let this behaviour keep happening, you don't deserve it.

If you're being bullied...

- Tell the person to stop
- Use neutral language to respond to bullying
- Walk away
- Try to act unimpressed
- Ignore the behaviour
- Try visualising the bully looking silly so you don't feel intimidated
- Stay positive, don't believe what the bully is telling you
- Make some new friends
- Be confident in yourself
- Try and keep out of the bully's way, it's their problem not yours
- Tell someone about it if it's been going on for a while
- Talk to your friends
- Talk to your parents/carers
- Talk to your teacher

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If you see someone else being bullied...

- Tell the bully to stop
- Talk to someone in charge (teacher, or other trusted staff member)
- Try to change the subject
- Try to comfort and include the victim in what you are doing with your friends
- Explain to the victim that it isn't their fault

If you are cyber bullied...

- Don't respond to the message or image
- Save the evidence
- Block and delete the sender
- Report the situation to the service provider
- Tell trusted people like your friends or parents/carers
- If the messages are threatening or serious ring the police

Threats are illegal and you don't need to put up with them.

Resilience

Resilience is the ability to cope with life's ups and downs; being able to cope with and move on from an event that has a negative effect on your life. Resilience is an important area to develop, not just so you can deal with bullies, but so you can deal with other setbacks in your life, whether it is about dealing with a relationship breakup, or not getting into the course you want to.

Becoming Resilient

Many things can help you to become more resilient over time. These include:

- A caring and supportive family
- Supportive friends you can trust
- Trying out new things

- Setting yourself realistic goals and achieving them
- Being confident in yourself and your abilities
- The ability to communicate with others
- Using problem-solving skills successfully
- Managing your feelings

Building Resilience

Whether or not you have any of the things mentioned previously, you can build your own resilience by:

- Getting connected to people, teams, clubs and organisations. Get to know different people, talk with them about what is happening with you, and let them suggest ideas that might help
- Accepting that change is part of life, and is often good. It is unsettling when change first occurs but give it a chance and use it as an opportunity to learn about doing things differently in your life
- Make and achieve realistic goals
- Face your problems. Think about overcoming them and how you can go about it rather than wishing they would go away
- Not giving up. Everyone deals with a crisis from time to time. Work your way through it and slowly it will get easier
- Learn from the bad times. After you've gone through a crisis you will have learnt new skills, possibly made new friends and got to know yourself better. Take this knowledge and use it for future reference
- Trust yourself. Develop your skills and instincts and then develop confidence to use them
- Don't turn molehills into mountains! Sometimes things seem bigger than they are. Break the problem down, talk it through and you may start to feel it is more manageable

- Be nice to yourself!
- Practice positive thoughts!
- Get to know who you are!

Social networking

The use of Facebook, Twitter, Instagram and other social networking sites/tools can be a great way to make and keep in touch with friends and other young people with similar interests. Sometimes these sites are used for bullying or other inappropriate behaviour. Cyber bullying happens to about 1 in 10 Australian young people every few weeks so it's not uncommon if someone you know is also being bullied but just isn't acknowledging or talking about it. Cyber bullying is damaging for those exposed to it and in many cases is illegal. Always report activity such as this to someone who can ensure it stops and who can support you or others who may have been affected.

Contacts and links

- Theannah and Madeline Foundation
www.amf.org.au

A national charity that helps protect children and young people by running programs and providing resources about bullying and violence. Great support links for young people, parents and teachers.

- Kid's Helpline 1800 551 800
www.kidshelp.com.au
- Cybersafety Help
www.cybersmart.gov.au/report.aspx
- Reach Out
www.reachout.com.au
- Bullying No Way
www.bullyingnoway.com.au
- National Centre Against Bullying
www.ncab.org.au
- Youth Law
www.youthlaw.asn.au

For more info contact:

The RCH Adolescent Transition Team on **9345 4858/4980**

or find email details and more info on www.rch.org.au/transition

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