



Sort Your Safety

This resource was developed by Prosper (Project Australia) www.prosperprojectaustralia.org and Rainbow Families www.rainbowfamilies.com.au, and is funded by the Australian Government Department of Social Services.





Some of the information below might be difficult or distressing to think about and if you need help please do contact Kids Helpline on 1800 55 1800 or www.kidshelpline.com.au.

If you or your family are part of the LGBTIQA+ community and you would like someone to talk to or need support you can contact QLife on 1800 184 527 or www.QLife.org.au.

If you or someone you care about is experiencing or using any form of violence please reach out for help by contacting 1800 RESPECT on 1800 737 732 or www.1800respect.org.au



Before You Begin

'Sort Your Safety' is a program to help young people learn about staying safe and the prevention of some forms of violent and harmful behaviours such as bullying, violence in relationships and anti-LGBTIQA+ behaviour.

It is best that you work through this information with a trusted adult such as a parent. If you don't have a trusted adult to work with, please use the contact details included throughout this resource to support you if you need help or have any questions about what you read here.

What does it mean?

LGBTIQA+

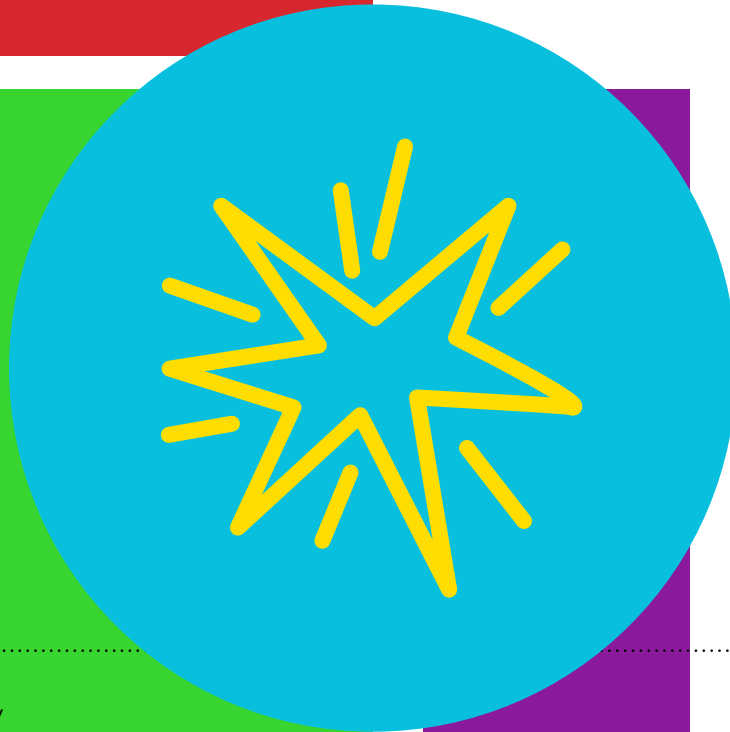
LGBTIQA+ stands for Lesbian, Gay, Bisexual, Trans/transgender, Intersex, Queer/questioning, and Asexual. The plus (+) represents other sexual identities including pansexual, asexual and omnisexual. Some of these words might be new to you. If you would like to speak to someone about what these words mean or if you have any questions you can call QLife on 1800 184 527.

Prevention/Violence Prevention

Prevention means to stop something from happening. When we talk about violence prevention we are talking about activities and actions that stop violent words, actions, behaviours and attitudes from happening.

More information please!

Violence is any behaviour designed to hurt, damage or kill someone or something. Violence can be physical (such as someone getting beaten-up), but it is lots of other things too. Violence can be hurting someone with what you say to them, or what you say to others about them. It can be bullying or online bullying. It can be forcing them to do things they don't want to do. It can be making someone feel worthless through actions or words. It can be spreading lies, gossip and rumours to harm someone or to try to make yourself look good. It can be stopping someone from seeing their family and friends, teasing someone because they are LGBTIQA+, harming pets and lots of other things. It can happen anywhere, anytime, between anyone.



Safety

Safety is a feeling that you have in your body, your mind and your emotions. Only you know when you feel safe and what makes you feel unsafe. Sometimes something that starts out feeling safe can begin to feel unsafe, and sometimes you might feel unsure whether something is safe or not.

This program is very much about what makes you feel safe. If you feel unsure about what safety means to you, try this simple exercise.

Think about what you can see, hear, taste, smell and touch, the places you visit, and different colours. Try to think of an example of each of these that makes you feel positive, and an example of each that you know you don't like or feel good about. Then have a go at filling out the blank spaces below to describe what 'safe' means to you.

	SAFE	UNSAFE
What SOUND makes me feel...		
What SMELL makes me feel...		
What COLOUR makes me feel...		
What TASTE makes me feel...		
What TOUCH makes me feel...		
What PLACE makes me feel...		



We all deserve to feel safe at home, at school, online or wherever we are, and we have the right to feel safe all the time. We are often faced with decisions that can lead to us feeling safe or unsafe. These might be big decisions such as the people we choose to hang out with, or smaller choices like saying no to something that we know will cause us stress.

Part of growing up is learning how to make choices that keep your body, emotions and mind safe.

When you have an important decision to make, here are some questions you can ask yourself;

Do I understand what I am getting myself in to?

Do I feel safe about doing this?

Do I know and trust the people involved?

Does a responsible adult know where I am?

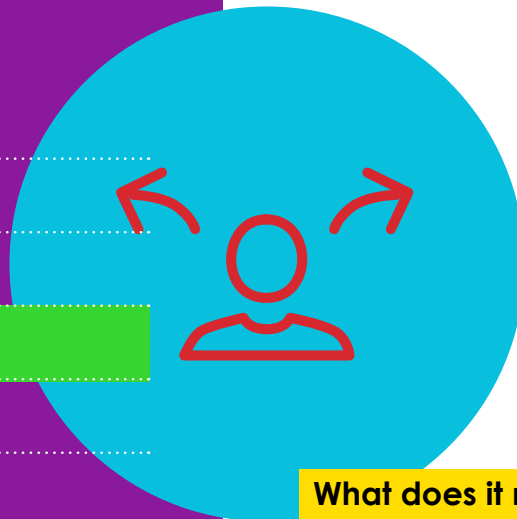
Do I want to do this?

Do I know how to get help if I need to?

Is this the right thing to do?

Do I have to hide what I am doing from adults or others?

Do I know how I can get help if I need to?



What does it mean?

Peer Pressure

Peer pressure is when you feel like you really have to do something because all of your friends, or everyone else is doing it. For example, drinking alcohol at a party just because everyone else is drinking alcohol. You might not want to do it, but you want to be accepted by the people you hang out with so you do it anyway.



Warning Signs

Early warning signs, safety signals, red flags and indicators – these are all words used in safety programs to help young people understand the role that the body and emotions play in providing a warning that something is wrong. These warning signs can also be helpful in making a choice if you are unsure about whether it will be a safe choice or not.

A warning sign is a physical reaction in your body, to what is happening around you. When we are safe and feeling good we may not even notice what's going on inside. This is what we might call 'feeling normal'. But when we are faced with a risk, the body knows what is going on even if we try to ignore it.

What does it mean?

Risk

Risk is the chance of something bad happening.

Figuring out what is happening in your body is a really good way to help yourself stay safe. Most people will get some of the following warning signs when they are feeling unsafe or at risk;

Racing heart

Wanting to cry, or actually crying

Shaky

Sick in the stomach

Clenched teeth

Tightness throughout body

Sweaty

Needing to go to the toilet

Wanting to run away

Frozen on the spot

Butterflies in the stomach

None of these warning signs feel good, and they are not supposed to because they are letting us know that something isn't right. If these warning signs are happening because you are really nervous before an exam or you need to do a speech in front of a group then learning to manage those nerves is important because you are not actually unsafe. In these safe situations the best thing to do is try to calm down by taking deep breaths, imagining in your mind that you have everything under control and getting support from friends and trusted adults.

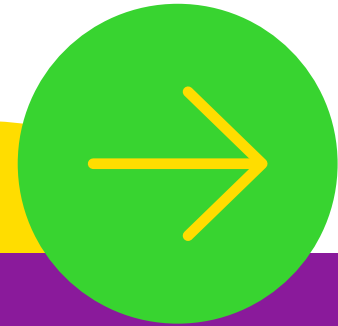
However if these warning signs are a reaction to a person, the behaviour of others, a relationship, a decision that needs to be made, a situation or place then you are feeling that way because your body is trying to get you away from something that feels unsafe.



Pay attention to your body for a moment and think about where you feel warning signs. Is it the butterflies in your stomach? Clenching your teeth? Something else? Write down three of the warning signs you get when you feel unsafe;

1. _____
2. _____
3. _____

When we have these warning signs it is important that we do something. However it isn't always possible to completely control the situation. For example, you may find that your parents are arguing more and more as time goes by, and home is becoming a place where you feel stressed and want to cry all the time. Perhaps someone who was a friend has become someone you feel constantly nervous around, tense and shaky and you aren't sure how to get them out of your life?



In such situations, here are some things you can do to feel safer;

- **Speak up.** Say 'No' to the person or situation causing you stress. If that isn't possible you can at least speak up to others and let them know what you are going through. Speak to friends, family members, trusted adults or Kids Helpline on 1800 55 1800.
- **Take a break.** If you can give yourself some time away from the person or thing making you worry this can be a great help. If you're at school you might make the excuse of needing to finish some work and spend some lunch times in the library away from people who make you feel unsafe. If you are at home, can you ask to go and stay with a relative or trusted friend for a weekend to get away?
- **Remove the problem from your life if you can.** If this is a thing or a person that you can get away from, then do it. Don't put yourself in an unsafe situation if you don't have to. Talk to trusted adults in your life about ways you can remove yourself from this difficult situation or person.

Risk

Risk is the chance of something bad happening or something going wrong. Risk is an important part of life and sayings such as "nothing ventured, nothing gained" remind us that sometimes we need to take risks to make progress and have success. This kind of risk is safe. We make a choice to take risks for a specific time period that can eventually give us a positive reward and we are in control of those choices, even if we feel nervous and unsure. An example of a safe risk might include leaving one job for a potential better job, or deciding to make certain subject choices at school because you enjoy them even though it might mean that you can't get in to a particular University course further down the track.

There are also times when it's fun to feel a little scared. You might be needing to go to the toilet and be shaky with excitement before a party you have been looking forward to or you might have a racing heart and butterflies in the stomach as you queue for a roller coaster ride. In these situations you do have warning signs but you are also in control. You can say no at any time, walk away or choose not to go to the party, or go on the roller coaster. You are not under pressure. You are not unsafe.

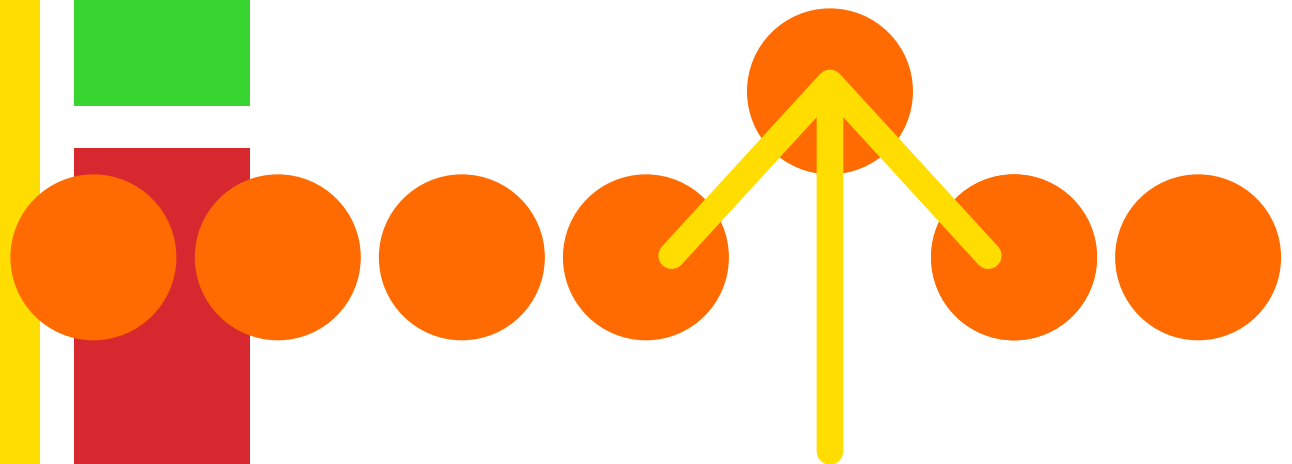
But there are also lots of risks that are not safe to take. Getting warning signs such as stomach butterflies or feeling like crying, is one important way to tell if a risk is safe or not. But there are other factors to consider. Do you have a choice? Do you feel in control? If you are faced with a risk and you have early warning signs, you don't feel you have a choice, you don't feel in control and the risk is going to last, then you should not get yourself involved any further. That is a risk you should not take.



Use this checklist if you ever need help in making a decision about risk.

Am I safe or am I at risk?

- Safety =**
I have no warning signs + I am in control + I have a choice.
- Fun to feel scared =**
some warning signs + I am in control + I have a choice.
- Taking a risk on purpose =**
some warning signs + I have a choice
+ I have some control + there is a time limit.
- Unsafe =**
Warning signs + No choice + No control + No time limit



Boundaries

What does it mean?

Boundaries

When we talk about boundaries in this program we mean 'personal boundaries'. These are the invisible rules or limits that you make for yourself that tell you what is safe and ok for you, what is a safe and ok way for other people to treat you and behave around you and how you will respond if someone passes through those limits you have set.

Have you ever had a person in your life who regularly gives you warning signs? Perhaps they are always asking you to do things you don't want to do? Maybe they behave in an unsafe way whenever they are around you?

People like this are crossing your personal boundaries. These boundaries are the invisible lines you set for, and around, yourself that tell you what is ok and what is not ok for you. Boundaries are very personal things because what is ok for you might not be ok for someone else, and what makes you feel totally unsafe might be just a bit of fun for others. But others don't make your boundaries for you. You make your boundaries for you and you have every right to set boundaries for yourself based on what makes you feel safe. There are some other important things to know about boundaries.

Most of the time other people can't see your boundaries unless you show or tell them. As hard as it can be sometimes, you do need to speak up or get a trusted adult or friend to help you speak up to let others know what your boundaries are.

Everyone has boundaries that should be respected. You are in charge of yours, others are in charge of their own boundaries. If someone says no to you or shows you a boundary through their body language, words or behaviours then you should listen and provide the same respect to their boundaries as you would want for your own boundaries.

Your warning signs will help you stay within your boundaries. The more you practise listening to your warning signs and keeping your boundaries in place (i.e. not letting others cross your boundaries) the easier it will get to stay within your own boundaries.

Some things are not a choice. School is a legal requirement. There are laws and rules at home, in the community and in workplaces. These are boundaries that are in place for the safety of all of us. You don't have to like these boundaries and you can speak up and disagree with a boundary but these are the types of boundaries that you cannot control and there will be a consequence if you don't stay within them.

What does it mean?

Consequence

A consequence is a result that comes from an action. It usually describes something unpleasant. For example, the consequence of Jamie speeding while driving is that Jamie got a speeding ticket and had to pay a fine.



Breaking Your Boundaries

It is normal for people to dislike being told 'no' or being told what to do. In keeping your boundaries in place you will find that some people get grumpy with you or try to make you feel guilty for saying 'no'. Most of the time people don't mean any harm to you, they just can't see your boundaries, they don't understand them or they don't agree with them. But you should be aware of the ways that some people might try to break through your boundaries. These come from the author and violence prevention expert Gavin de Becker;

- **Sometimes, to make you feel like you have a connection someone will say or do something that suggests you are 'in the same boat' or, 'on the same team'. At these times try to remember what your relationship with this person is really about.**
- **Is someone being very charming and nice? Think – are they doing this so they can get what they want from me?**
- **Some people try to confuse you with too much information and too many details so you are not even sure what you are saying 'yes' or 'no' to. If you ever feel unsure about what someone has asked you to do, then get them to write it down or explain it to you again until you understand clearly.**
- **Someone telling you that you are not being a good friend or making statements like "you probably think you are too good for me" is another way of not respecting your boundaries and trying to change your behaviour. You do not need to respond to such statements.**
- **Someone may offer to do a favour for you because they really want you to do something for them. For this reason, it's best that if someone you don't know well offers to do you a favour that you did not ask for, just say no.**

- **Some people offer 'promises' such as telling you "I promise I will never lie to you". Remember that a promise is just words. What someone has done in the past, over time, is very likely to be exactly how they behave now and in the future. Don't let a promise fool you.**

- **Saying 'No' can be very difficult. Particularly if you are saying 'No' to an adult. But be very careful of anyone who ignores your 'No'. Keep saying it and don't let anyone trick you into changing your mind if 'No' is your answer.**

What does it mean?

Dating

Dating is when people meet or 'go out' together when they are attracted to or interested in each other. Sometimes we use words like 'boyfriend', 'girlfriend' or 'partner' to talk about someone we are dating.

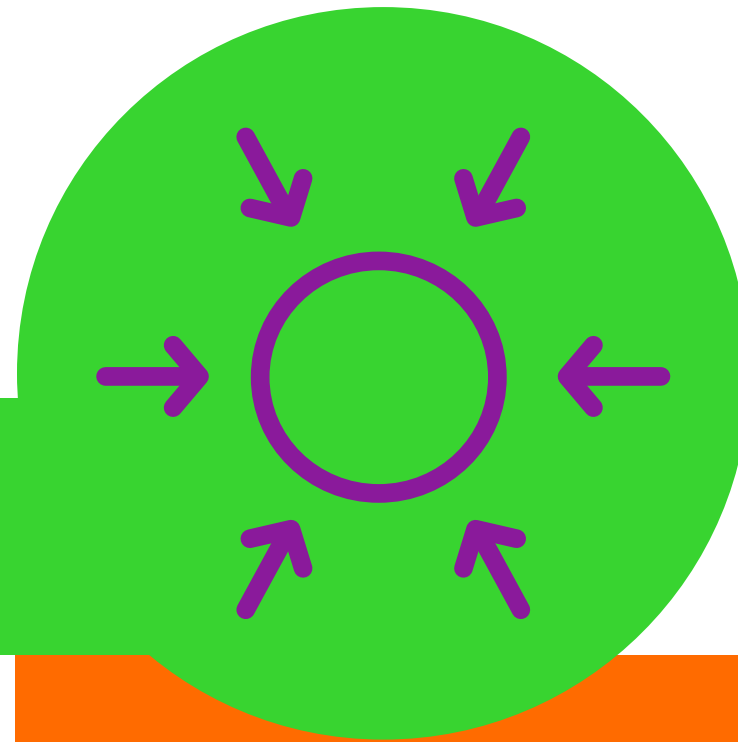
Coercion

Coercion is when a person keeps pushing and pressuring another person into doing something. It often refers to being pressured into having sex. Coercion involves one person feeling like they have the right to control or change another person in the relationship. It completely disrespects boundaries and is never ok.

More information please!

The word 'charming' means to be very nice and to be someone that people like. Most people who are charming really are great people. They are kind and safe to be around. But did you know that people who are violent often try to be very charming to trick others into trusting them, and also to make people believe there is no way they could be violent? Be aware of anyone who seems a bit too charming, particularly if this is someone you are dating.

If you find yourself in a situation where someone isn't listening to you when you say 'No' or isn't respecting your boundaries you should say "No", "Stop" or "I don't want to/I can't" again in a louder, clearer voice. Leave the situation as quickly as you are able to even if you have to use an excuse such as "I need to use the bathroom" or "My friend is waiting for me", and speak to a trusted adult as soon as you can.



If you have ever been coerced or forced to do something that you don't want to do you can always call Kids Helpline to talk to someone friendly about what has happened to you on 1800 55 1800.

Is there something or someone in your life breaking through your boundaries at the moment? Make a note of the following;

1. How is this making you feel?

2. What warning signs is your body giving you to let you know this isn't ok with you?

3. What can you do to get back in control of your boundaries?

4. What might you say to the person who is breaking through your boundaries?

5. Who can you ask for help to talk it through and make a plan of action?



Respectful Relationships

More information please!

When we use the word 'relationship' we are describing someone that we are connected to in some way. There are four main types of relationships;

- 1. Family relationships:** this is anyone in your family. It could be someone you are related to by blood, such as your biological mother who gave birth to you. It could be a cousin, aunt, grandparent or anyone else in your extended family. It could be a person related to you by marriage such as a step-father or step-sister, or it could be a person related to you by law such as a brother-in-law, a parent who adopts you, or a foster sister.
- 2. Friend relationships:** this is anyone who is a friend of yours, online or in person. Social media contacts are not friends unless you know them personally, they know you personally and you consider them a friend.
- 3. Acquaintance relationships;** this is someone you know, but you don't consider a friend. Neighbours you say hello to, social media contacts and teachers at your school are all examples of acquaintances.
- 4. Romantic relationships:** this is a relationship between people who are married or dating.

As we've just seen, boundaries are a really important part of helping us to feel safe. People who respect boundaries are generally safe people. They won't stay mad if you say 'no', and they will give you the space to let you be who you are. A person who values your boundaries is showing respect in the relationship they have with you, whether they are a friend, family member, acquaintance or someone you are dating.

A respectful relationship is one where everyone in the relationship respects the boundaries of everyone else in the relationship. It is also where everyone

in the relationship feels safe in the relationship, feels good in the relationship, has an equal share of the power and is able to say 'No' and still feel safe. It is a relationship where those involved get to choose where they go, what they wear, who they talk to, what they do, and who they are friends with.

Communication, trust, honesty, care, kindness, lots of smiles, and willingness to compromise are all part of a respectful relationship.

Consent is always in a respectful relationship. This means that each person in the relationship gives their permission for anything that happens in the relationship. Consent cannot be given if someone is asleep, drunk, on drugs, or unaware of what is going on. This might mean consent for sexual activity but it also relates to other things. For example, no one who is in a relationship with you should tell anyone else personal information about you unless they have your consent. No one who is in a relationship with you should use your phone, your debit card, your social media, your money or anything else that is yours, unless they have your consent.

What does it mean?

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Consent

Consent is when someone gives their permission for something to happen and agrees that something should happen.

Sometimes you may start out providing consent in a relationship when things are going well but if the relationship starts to break down you may not want to provide consent anymore. For example, you might be happy for someone you are dating to use your phone. But if things start to become difficult between you, you might change your mind so it is always best to ensure that you keep good boundaries in place with anyone that you are in a relationship with. This includes not providing passwords, pins, nude images of yourself, or access to sensitive information.

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No relationship is perfect. In some relationships that have become violent or harmful, getting support to leave or stop the harm is the best thing to do, but in most relationships there is usually something that can be done to make it more respectful. Practising more kindness, speaking nicely to each other, reducing the amount of swearing used, being more willing to compromise are all ways that you can make a relationship more respectful.



Write down the main relationships that you have in your life (parents, family members, person you are dating, main friendships and so on).

What can you do to improve the level of respect in each relationship?

List main relationships

Ideas for improving respect

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

If through this exercise you have found that one of your relationships is harmful to yourself or anyone else in the relationship, please do something about it. Try talking to a friend or trusted adult about what you might do and how you might approach leaving this unsafe situation. If you require support contact 1800RESPECT by calling 1800 737 732 or visiting 1800respect.org.au.

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Dating Violence

What does it mean?

Dating

Dating is when people meet or 'go out' together when they are attracted to or interested in each other. Sometimes we use words like 'boyfriend', 'girlfriend' or 'partner' to talk about someone we are dating.

More information please!

'Coming out' is the short version of the phrase 'coming out of the closet' and it describes when a person who is LGBTIQ+ tells the important people in their life that they are LGBTIQ+. 'Coming out' belongs to the person 'coming out' and should be done when they are ready to tell others and in the way that they would like to tell others.

'Outing' someone describes what happens when another person tells others that someone is LGBTIQ+, instead of giving the person who is LGBTIQ+ the chance to tell others themselves. Sometimes a person 'outs' an LGBTIQ+ person accidentally without meaning to cause harm. But sometimes a person will threaten to 'out' someone as a way to control or scare them. This is a form of violence and it is not ok.

Sometimes it's hard to tell if a relationship or a person is unsafe, particularly when we really like that person or when they seem nice to begin with. When you are dating someone, here are some signs to be aware of as they often appear in relationships that become violent;

Warning Signs a Relationship is Becoming Violent

- Being very jealous
- Constant put-downs, in person or online
- Making fun of the other person in front of friends or online
- Threatening to 'out' the other person
- Telling the other person what to do
- Being very moody
- Trying to keep the other person away from family and friends (including online)
- Trying to control the other person's money
- Calling/emailing/texting/messaging the other person every few minutes to "check up" on them and becoming angry if the other person does not respond straight way
- Checking the other person's phone or computer to see who they have been communicating with
- Deleting friends or followers on the other person's social networks
- Changing the other person's online profiles without permission
- Using passwords without permission
- Nasty status changes and deletion of files or pictures
- Pressure to send nude photos

The behaviours outlined above are not ok. They totally disrespect the boundaries of the other person in the relationship.

Listen to Your Warning Signs

Another way to tell if someone you're dating is unsafe or not is to listen to what your feelings and your body are telling you. Does the person you are dating cause your body to send warning signs? Are you nervous around them in a bad way, do you feel tense, uncomfortable and like you are "walking on egg-shells" so you don't upset them? Does the person you are dating make you feel like you are not good enough? like something is wrong with you and no one else would want you? These messages can make you feel sick, shaky and like you want to cry. These messages are also a trick that some people use to control others into thinking they have no choice but to stay in the relationship. This is also a form of violence.

If your body is telling you that someone is wrong talk to a friend you can trust and make a plan to get out of that relationship. No matter how much you like a person, or how much you want to be dating them no one has the right to make you feel so wrong. If you have warning signs and/or you are seeing any of the behaviours listed above, it is time for you to take an action to feel safe again.

If you or any of your friends have experienced or are using any of the behaviours mentioned above please reach out to get help. 1800RESPECT is a good place to start. To get in touch call 1800 737 732 or visit 1800respect.org.au.

Write down the names of three trusted friends or adults who you could talk to if you ever needed help with dating violence:

1. _____
2. _____
3. _____



Sexual Harassment and Abuse

Sexual harassment, sexual assault and sexual abuse are also forms of violence. This refers to any unwanted sexual contact by another person. It is not just about forcing you into a sexual act. It can also involve someone repeatedly sending you nude or rude pictures that you didn't ask for, someone taking/posting/sending/sharing nude or rude pictures of you, someone showing you sexual videos or images you didn't ask to see, someone constantly talking to you about sexual stuff or asking you for a date or sex, when you have already said 'no'.

Sometimes a person will even use tricks to make the other person feel bad about themselves such as saying "Everyone is doing it", telling lies, bribing, making threats, or telling them something is their fault. This is coercion – trying to get you to do something you don't want to do. You do not have to put up with it.

What does it mean?

Coercion

Coercion is when someone pushes a person to do something they don't want to do. It involves someone forcing or threatening another person.

Bullying

Bullying is a word that we have all become very used to because the word gets used a lot in schools, online and in the workplace. Bullying can also happen at home, within families, in friendships, in dating relationships, and with people you hardly know. An entire group of people can also bully someone. For example, if a group of students gang-up on another student. This is called mobbing – whereas online bullying is often called trolling.



Write down your definition of bullying

Write down three behaviours that you think are bullying behaviours

1.

2.

3.

Write down three behaviours that you think are online/cyber bullying behaviours

1.

2.

3.

There are many behaviours that are 'bullying' behaviours, and many people who have been bullied. Perhaps you have been bullied before? It is also common for people who have been bullied to become a bully themselves.

Let's test your knowledge of bullying behaviour. Tick which of the behaviours below would be considered as bullying;

- Throwing someone's school bag off the train just as the doors are closing.
- Pushing or shoving someone out of the way.
- Starting a nasty rumour about someone.
- Sharing someone else's personal photos, secrets or information with others (including online).
- Making fun of someone because of their (or their family's) sexuality, identity, disability or cultural background.
- Leaving someone out (excluding them) on purpose.
- Embarrassing someone in front of others.
- Turning someone's picture into an embarrassing or cruel meme and distributing it.
- Making fun of someone's voice or style of speaking.
- Sending threatening texts to someone.
- Copying the way someone walks or gestures to be mean to them.

All of these behaviours are not nice. If they were to happen once only between two people who are equals but in a conflict (such as two friends having an argument) then it isn't considered bullying. But if these behaviours happen **repeatedly and they mean to cause harm** then they become bullying.

Being bullied is a horrible experience, often made worse by the fact that you can feel stuck in the place you are getting bullied (such as school, work or home). There is no easy solution to bullying. In really bad cases you may need to talk to a parent or trusted adult about leaving the place where you are getting bullied. However most bullies give up, get bored or move on before that needs to happen.



If you are experiencing bullying, here are some of the things you can do;

- **Walk away when the bully approaches you. Try to show the bully that you don't care. Remember that the bully wants your response. When you don't give it to them you take away their power.**
- **Ignore the bully. You can do this by trying to keep headphones in wherever possible to show you aren't listening or by concentrating on something else such as singing your favourite song to yourself in your head, or thinking about something fun you are going to do on the weekend.**
- **Yell "Stop" and walk away. Keep walking and don't turn around no matter what they say.**
- **When a bully teases you or calls you names, look them in the eyes, laugh and walk away without saying anything.**



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- **If a bully confronts you, pretend that something is going on behind their back. Look over their shoulder, point to something they can't see and walk away when they turn around to check out what is happening.**
-
- **Try to keep out of the way of a bully.**
-
- **If you are at school get some friends to walk with you, stay close by a teacher or go and sit in an area where adults can see you such as near the front desk of the library.**
-
- **Never respond to online or digital bullying. Take a screen shot and talk to someone you trust about reporting it.**
-
- **Keep a diary to record exactly what the bullying behaviour is, when it happens, who is doing the bullying, what you did and how it made you feel. This is a good way to help you process your thoughts and feelings, but also an important record to keep in case you have to report the bullying.**

If after using these tips above the bullying doesn't stop, it may be time to ask for help. Don't be afraid to let someone know that you are being bullied. There are people who care about you and will help you.



Are you a Bully?

If you are a bully, you should be aware of the harm you are causing others and stop your behaviour straight away. No one likes a bully and even if you feel or appear popular, others are probably only pretending to be on your side to avoid you turning on them. Many bullies are dealing with difficult problems themselves and are using the bullying as a way to make themselves feel better.

Try to figure out why you feel the need to bully others. Is it to cover-up your own problems? To show-off to others? Are you bullying someone because of something you don't like about yourself? Whatever it is, there are better ways to deal with it. Find a new way to get rid of your hurt such as sport, music or new friendships. Talking about things can help too. Speak to a friend, parent, teacher or trusted adult. If you don't have anyone you can talk to you can call Kids Helpline on 1800 55 1800.

Next you should stop your bullying behaviours. Know that you can't change who another person is by being a bully. Try not to be around the person or people you would usually bully. If you must be around them then you can at least keep your mouth shut and don't go near them. Think about something else and take yourself away from groups of people who laugh when you bully people. Try putting yourself in the shoes of the person you are bullying. How would you feel if someone bullied you?

Finally, you should say sorry to them for your behaviour. This can be difficult and take some time but is an important step.

Bystanders and Allies

What does it mean?

Bystander

A bystander is someone who sees an event or a problem but does not take part in it. In bullying, a bystander is a person who sees the bullying happen to someone but does not do the bullying themselves.

Ally/Allies

When someone is an ally to you, they are on your side and they support you. Allies are a group of people who are on your side.



Do you know someone who is being or has been bullied?

Where is the bullying taking place?

What type of bullying behaviours are you seeing?

How do you think the person being bullied feels about the bullying?

Have you ever wanted to stand up for a person who is being bullied?

The very best way to prevent bullying is to stand up against the types of rude and hurtful words and behaviours that bullies like to use. If you hear nasty things being said about another person, speak up. Let others hear that you don't like that kind of talk or action.

Bullies also love attention so even if you don't feel confident in standing up or speaking up to a bully you can still make sure you don't laugh or join in any bullying behaviours. You can also help a person who is being bullied by just walking away and ignoring the bully.

If one or two people show that they don't like the bullying behaviour then the bully is likely to stop. If you feel comfortable and it is safe to do so, tell the bully to stop. If the bully scares you, you might want to go and get help from an adult.

Asking other bystanders to stand up to the bully too is a very good way of getting bullying to stop. If you are able, get a group of students to go to the bully together and ask them to stop the bullying behaviour.

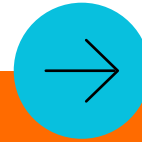
If you see another person being bullied online you should not join in. Instead, take screen shots of the bullying behaviour and report it to an adult and to the website or social media platform where you are seeing the bullying.

A final way to support someone who is being bullied is to become an ally. Reach out and let them know you are on their side. Walk with them or sit with them if you see them alone, this can reduce the chance of them being bullied. Connect with them online. Encourage others to be an ally too. Encourage the person being bullied to talk to you about what they are going through and work with them to get support for bullying. This includes reporting the bullying to the school, other adults or the authorities. It also means supporting the person being bullied to get help. Calling Kids Helpline on 1800 55 1800 is a good place to start. If the bullying is happening to someone who is LGBTIQ+ call Qlife on 1800 184 527 and if the bullying behaviour has become violent contact 1800 RESPECT on 1800 737 732. Remember to always call 000 in an emergency.

Responding to Anti-LGBTIQA+ Behaviour

More information please!

Anti-LGBTIQA+ behaviour is negative behaviour, words, attitudes or actions against someone who is LGBTIQA+. Anti-LGBTIQA+ behaviour is hurtful and causes harm. It includes violence against an LGBTIQA+ person or group, but is also the use of damaging words and actions such as using the word 'gay' to mean something bad or stupid, bullying or teasing a person because they are LGBTIQA+, talking about the LGBTIQA+ community in a disrespectful way, making rude jokes, and any other words, actions, attitudes or behaviours that are harmful or disrespectful to the LGBTIQA+ community.



If you are witnessing or experiencing anti-LGBTIQA+ behaviour at home, school, work, online or anywhere else there are things you can do;

- **Remind those behaving badly that everyone has the right to feel safe.**
- **When you hear anti-LGBTIQA+ comments and jokes, let those making the comments know that their behaviour is not ok with you.**
- **If you see anti-LGBTIQA+ bullying, tell the bully that their behaviour is wrong. If you feel unsafe speaking up then you can tell school staff, the authorities or another trusted adult.**
- **If you know someone has experienced anti-LGBTIQA+ bullying, let them know you are on their side and make an effort to spend time with the person in support. This makes you an ally!**
- **If you have negative feelings towards people who are LGBTIQA+ make an effort to find out why. Ask questions, learn more about others and don't be afraid to admit when you have been wrong.**

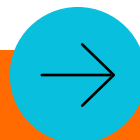
If you notice someone struggling because they are experiencing anti-LGBTIQA+ behaviours, be an ally. Reach out in friendship and help them to get support if they want to do so. You might encourage them to contact Qlife on 1800 184 527.

Stopping Violence Before It Starts



All violent behaviour including; dating violence, bullying, and anti-LGBTIQA+ activity starts with someone using power, privilege and control over others.

Most of us know when words or behaviours are wrong, but we may not feel comfortable speaking up due to fears of losing the support of others, not being believed, feeling uncomfortable or embarrassed, being judged or being harmed.



If you see or hear words, attitudes or behaviours that you know are wrong the best thing to do is speak up right then and there if it is safe to do so. This may not be the case every time, but there is always something you can do. Here are some ideas;

What does it mean?

Privilege

Privilege is a special right or advantage given to a particular person or a group, and no one else.

Inequality

Inequality means that something is not equal. When we talk about inequality we are usually describing what happens when one person or group has a lot and another person or group has very little. Things are very unbalanced and not fair. This might relate to money, power, or other factors.

Discrimination

This is when someone is treated unfairly or badly usually because of a factor they can't control such as their country of birth, the colour of their skin, because of their gender, because of their religion, disability or age.

- Don't use words that encourage or support attitudes that are disrespectful.
- Don't support jokes and put-downs that are rude or mean to others, by laughing at them even if the person making the joke is a friend.
- Don't buy or listen to music that has hurtful or rude lyrics even if you like the musician who performs it.
- If you see abusive, violent or inappropriate scenes while you are watching movies, shows or online videos with others let them know that you don't approve and that you don't want to see it.
- Think about how your own attitudes and behaviours might contribute to violence and abuse.
- Speak up if you read, see or hear something online or in the media that is inappropriate.

- Report abusive or fake information you see online.
- Don't 'like' or 'comment' on inappropriate online content. The more attention you give it, the more views it will get.
- Be an example for others by treating your friends, the person you are dating, and family members with respect.
- Be a respectful role model to children younger than you.
- Say something if you notice friends or family members behaving inappropriately. Let them know that their behaviour is not ok.
- Support causes and other people who are working to end violence, inequality and discrimination. This might mean joining an online social justice platform, getting involved in community-minded clubs or groups at your school, volunteering your time or making a donation to a cause that means something to you.
- Don't ever turn away from a person being bullied, discriminated against or harmed. Be an ally and if it is not safe to stand up to the problem in that moment, leave to get help, report the behaviour or bring others for support.
- Don't ignore these difficult issues. Remember if you are not part of the solution, you are part of the problem.
- Act early. Don't wait in the hope that someone else will deal with the problem or stand up to the behaviour. Things can very quickly get worse.
- Remember there is always support available.

Review the prevention activities listed above.

Do you already do any of these things?



Pick 3 of these activities that you can try yourself and put them into action –

1. _____
2. _____
3. _____

Community Supports

The topics that have been covered in this resource are tricky to deal with. These issues might already be a big part of your life, or maybe you have only learned about them in the classroom. The main thing to know is that we all play a part in our own safety and the safety of others.

The activity below gives you a chance to think about the main support people in your life and who you might turn to if you want to discuss any of these issues or if you ever need help. For some people this might be a quick and easy activity, but it might take some time and thought for others, and that's ok!



Write your 5 chosen people below and include their contact number;

1. _____
2. _____
3. _____
4. _____
5. _____
6. **Kids Helpline 1800 55 1800.**

Think of 5 people you can trust. The rules are;

They must be people you can contact and people you would feel comfortable talking to if you had a problem.

1 of the 5 can be a friend about your age.

4 of the 5 must be adults.

2 of the adults must be from outside of your family.

If you need some ideas about who to choose, you could use; teachers, parent/step parent, foster or adoptive parent, biological parents, carer, school counsellor, friends, youth worker, librarian, social worker, case worker, parent's friend, other family members, sports coach, music teacher, neighbour or others.

This is your official support network. These 5 people that you have chosen are the people that you should speak to if you ever need help. If one of them is unavailable, you can move on to the next person on your list and we've included Kids Helpline because if no one else is available they will be.



Ask For Help

When you have a problem the most important thing that you can do is to ask for help and keep asking until someone does help. The list of 6 support network contacts you created on the previous page is something for you to use. Don't be shy! Put these contacts in your phone for easy access and be prepared to call on them when you are in need. But the help doesn't stop at just these 6 contacts.

Whether you have experienced violent, unsafe, abusive or discriminatory behaviours yourself, whether you use harmful actions against others, whether you are dealing with a specific issues such as addiction or mental illness, or whether you are a bystander there is support available to help you.

You can get this support for free online, in person or by phone. It doesn't matter where you live and in many cases the support is provided at any time of the day or night. It is there for you; if you have a problem, if someone has hurt you, if you have hurt someone, if you just want to talk, or if you want to learn more about a particular issue so you can help someone else.

Following is a list of supports available to young people to help with specific issues. These are services that you contact directly who will provide you with information, advice and support. What is happening in your life is important because you are important. You have the right to feel safe and you DO NOT need to feel alone because others are going through what you are going through now and the right services can help you through this.

Reach out to these friendly support organisations below and remember, in an emergency always dial 000;

Kids Helpline (children and young people can call for any reason, any time)
1800 55 1800 or www.kidshelpline.com.au

QLife (LGBTIQA+ support)
1800 184 527 or www.QLife.org.au

1800 RESPECT (support with abuse, harmful relationships or violence-related issues)
1800 737 732 or www.1800Respect.org.au

Headspace (mental health support for young people)
1800 650 890 or www.headspace.org.au/ehespace

Lifeline (crisis support and suicide prevention)
13 11 14 www.lifeline.org.au

Suicide call back service (for anyone feeling suicidal, caring for someone suicidal or worried about someone who may be suicidal)
1300 659 467 www.suicidecallbackservice.org.au

