

KÕRERO MAI, KÕRERO ATU, MAURI TŪ. MAURI ORA



Facing a bully isn't easy, but finding the courage to say something can make a huge difference. Speak up and be a proud Upstander!



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What is bullying?

Bullving:

- Is deliberate harming another person intentionally.
- Involves a misuse of power in a relationship.
- Is repeated or has the potential to be repeated over time.
- Involves behaviour that can cause harm.



What does bullying

look like?





people. Cyberbullying online bullying via the internet, mobile phones

and social

media.

Why do some people get bullied?

Sadly, people can be bullied for any number of reasons, including differences in race, sexuality, gender identity, ethnicity, religion, disabilities and abilities. weight or height.

That's why it's so important to celebrate diversity and embrace our differences.

We aren't all the same and that's a great thing!

Why do some people bully others?

There are many reasons why someone might bully someone else. They may:

- Feel unhappy.
- Have been the target of bullying themselves.
- Want to feel important or powerful.
- Not realise how their behaviour harms others.
- Think being different is a bad thing.

Why prevent bullying?

In Aotearoa, bullving happens in the workplace, at kura/school, online and in the community. Did you know that:

- One in five workers feel bullied at work.
- Aotearoa has the third highest rate of school bullying out of 36 OECD countries.
- People who are bullied are far more likely to experience mental health issues like depression, anxiety and suicidal thoughts.*

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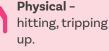
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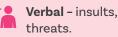
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Social gossip. people.



spreading excluding

Cyberbullying online bullying

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1. Āwhinatia / Support the person

- Awhi the person being bullied. Let them know you've got their back and that they're not alone.
- Encourage them to ask a trusted person for help or go with them to get help.
- Share our help and advice page with them: pinkshirtday.org.nz/help.

2. Haukotia / Distract

Interrupt the bullying:

- Ask the person experiencing bullying if they want to go for a walk or do something else.
- Help them to leave the situation they're in.

3. Karangahia / Call it!

- Let the person/people doing the bullying know that what they're doing isn't okay (if you feel safe to do so).
- Use your words to show aroha and kindness to those involved.
- Don't stand by and watch. It can be hard to speak up in the moment, but it can make a huge difference.

4. Taihoa ake, ka haumaru / Leave and act

If you don't feel safe to step in while the bullying is happening, that's okay. Instead:

- Move away from the situation.
- Later, talk to the person being bullied about what you saw and ask what might help them.
- Have a quiet word with the person doing the bullying.

5. Tautokohia / Get some other help

 Support the person being bullied to get help from others (e.g. from whānau, kaiako/ teachers, kaimahi/ colleagues, a trusted friend or a helpline).

* Find more tools and information to help you prevent bullying at pinkshirtday.org.nz

Mental Health Foundation mauri tū, mauri ora

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