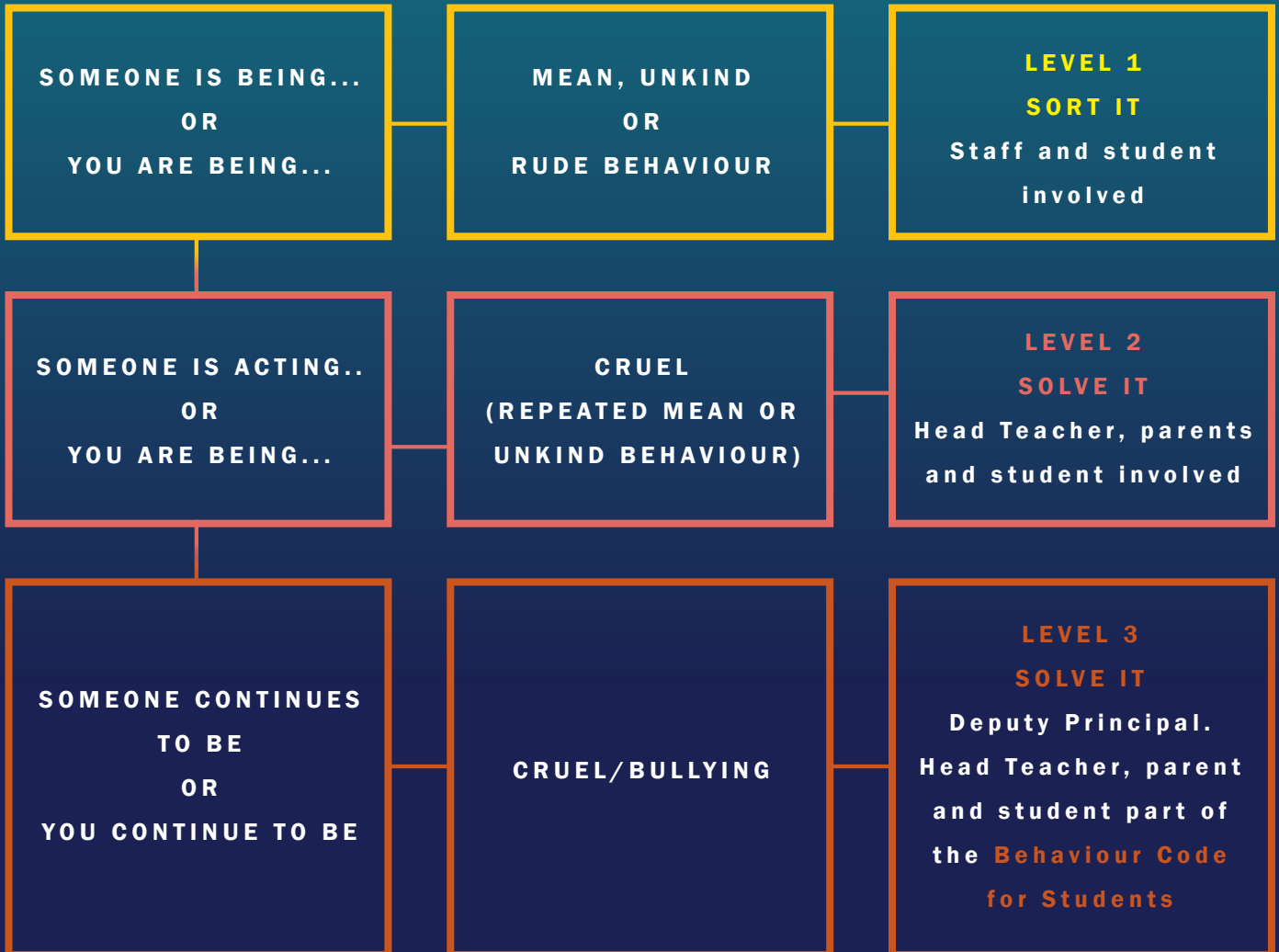


SAFE PROJECT

GALSTON HIGH SCHOOL CORE VALUES ARE
RESPECT, RESPONSIBILITY AND PERSONAL BEST



Mean, unkind or cruel behaviour like assault, threatening,
harassment, intimidation, coercive control is a crime and
WILL BE REPORTED TO POLICE

If you are unsure whether someone is being mean, unkind or cruel
please refer to the [Kids Helpline flow chart](#).
At Galston High School we want everyone to be an upstander to ensure
everyone feels safe within our school community.

am I being bullied?



START HERE!

Was it deliberate/on purpose?

Yes

No

Was it personal/targeted?

Yes

No

Was it said in anger?

No

Yes

Was it part of a fight with a friend?

No

Yes

Has it only happened once or twice?

No

Yes

Does the person doing it have 'more power' than you? e.g. more popular, older, stronger

Yes

No

rude behaviour

Saying or doing something hurtful that wasn't planned or meant to upset someone

conflict

Saying hurtful things on purpose due to heightened emotions as part of a disagreement

mean

Saying or doing something hurtful to someone on purpose once or twice

bullying

Someone more powerful saying or doing something hurtful to someone on purpose, over and over again

scan here to find out more!



how to be an upstander

against bullying

1

stay calm – don't react or retaliate!

in some situations, this can make bullying worse



2

interrupt the bullying (if it's safe to do so)



3

remove the person being bullied from the situation, e.g. "Hey, come and sit with us."



4

offer support, e.g. "I saw what was happening and it's not ok! How are you feeling"



5

tell trustworthy adults. tell more than one and keep talking to them until the bullying has stopped.



anytime. any reason
kidshelpline.com.au



kids helpline

POWERED BY yourtown