

① Why do people bully?

There are different reasons why people bully, including:

- wanting to dominate others and improve their social status
- having low self-esteem
- having a lack of remorse or failing to recognise their behaviour as a problem
- feeling angry or frustrated
- struggling socially
- being the victim of bullying themselves

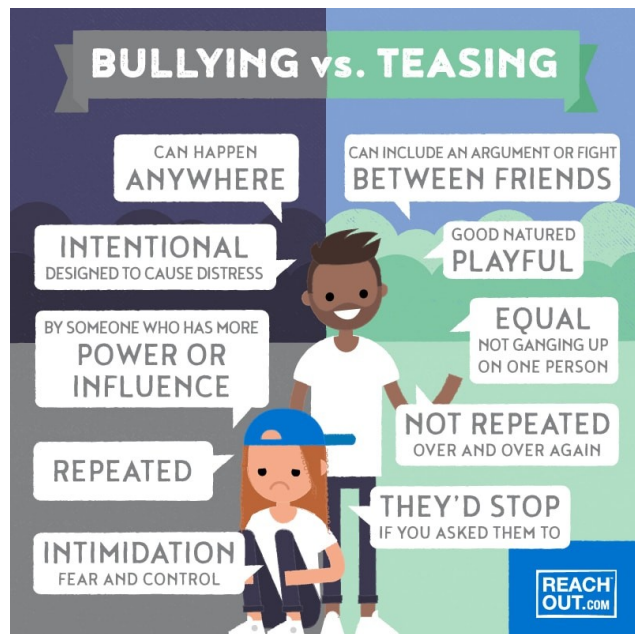
Some children who bully may enjoy getting their own way. Others may like conflict and aggression. Some may be thoughtless, rather than deliberately hurtful. Some may have difficulties with health, schoolwork and self-esteem. And some may be emotionally neglected, bullied, abused or be experiencing violence themselves.

Bullies are more likely to have lifelong issues such as depression or problems with aggression. But early treatment can prevent this from happening.

Children can take on different roles in different circumstances. Those who are bullied in one situation may be the bully in another.

From <https://www.healthdirect.gov.au/bullying>

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Cyber bullying victim, Hannah, shares her story:

I can feel their eyes on me as I walk to class. Everyone will have seen the pictures by now, and since they look real, no one believes that they that are digital creations. I can hear people whispering and snickering whenever I walk into a room. Text messages taunt me every day, and I think I know who is sending them, but without proof I feel helpless. The latest text says that I should expect more of the same if I don't do whatever they tell me to do. I'm scared to tell my parents because they might think the pictures are real, and I'm ashamed for them to find out what the other kids think of me.

Michael, a victim of workplace bullying:

I dread going to work and finding out the new ways in which she will try to destroy my credibility. She overheard a personal phone call, and now everyone in the building seems to know about my private life. She has reported me to my boss several times, blaming me for faults that were her own. I feel sick and frightened. What if I get fired? Everyone else seems to think this woman is hilarious and dynamic, so no one would believe me if I reported her cruel behavior or the way she undermines my job performance.

January 6, 2022 - Anonymous

I was bullied off the soccer team my sophomore year. I think most of the damage done was in my freshman year. I was criticized instead of supported. I was constantly told how bad I was instead of being told how I could get better. I still hear their voices, telling me I shouldn't play, telling me I was easy to score on. I was excluded from groups games. Nobody wanted me on their team. Their eyes were horrible. I am terrified to play any sport now, because I know I will be judged and compared to others as less than.

A Snapshot of Bullying in Australian Schools



- There are **3,893,834 students enrolled in 9,477 schools**.
- There are 4.7 million Gen Z, aged between 10-24, in Australia who are in schools and higher education providers.

- There are **2 billion** Gen Zs globally.
- Today's Gen Z students will make up one third (**33%**) of the Australian workforce by 2028.



Bullying in schools is a serious problem in Australia

80% of students say that bullying is a problem in their school

20% of students say bullying is an extremely/very serious problem

Three out of five students (59%) have experienced bullying.
That's 2.3 million students nationally.



One in five students (20%) admitted they had bullied another person.



Of those who have experienced bullying...



One in five (20%) experience bullying at least weekly



One in twelve (8%) of those who experience bullying suffering it daily



Three out of five (57%) say experiencing bullying upsets them a lot/great deal

Types of bullying experienced by those who have been bullied include:



50%
Verbal



13%
Via social media



20%
Physical

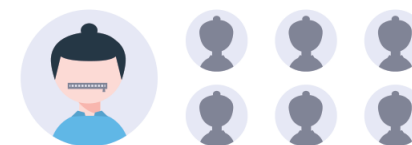


11%
Via text message



6%
Other (answers included social exclusion, gossiping, emotional/mental)

One in seven students who are bullied do not speak to anyone (14%).
That's **340,656 students** in Australia who stay silent.



Bullied students who do speak up are most likely to talk to **parents (27%)** and **friends (24%)**.

