



HELP AND
SUPPORT FOR
VICTIMS OF
BULLYING

**BULLY
WATCH™**

FIND OUT HOW TO RECOGNISE,
RESIST AND REPLACE
BULLYING IN YOUR LIFE!

© 2011 – DR.JEAN B. HEALEY

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This book is not intended to provide psychological or educational advice or to take the place of such advice and intervention from other professionals. Readers are advised to consult their own doctors or other qualified professionals regarding intervention for psychological or social issues related to bullying. The author shall not be held liable or responsible for any misunderstanding or misuse of the information contained in this book or for any loss, damage, or injury caused or alleged to be caused directly or indirectly by any treatment, action, or application of any information contained in this book. This information is not intended to diagnose, treat, cure, or prevent any actions related to bullying.

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BULLY WATCH™

HELPING YOU TO DEAL WITH BULLYING IN
AND OUT OF SCHOOL, ON THE WEB AND
YOUR PHONE

*Bullying can
happen in
school and on
the way to
school.*

*It is not
your fault
if someone
bullies you.
You must ask
for help from
someone you
trust.*



Hi! My name is Bonnie

*Bullying can
be by phone
text or email,
as well as by
mean words
and actions.*

Here you can find
out what bullying
is , who is a bully,
what is a true
friend and how to
avoid or get help
for bullying.

Bonnie is here to
guide you in
looking for
ways to help
yourself and
look after
yourself and
your friends
when someone
is being a bully.

WHAT IS BULLYING??

If you are feeling afraid of someone; if they are hurting your feelings or hurting your body, you are being bullied or abused.

Don't be afraid to ask for help from a parent, friend, teacher or other person you trust.

ARE YOU BEING A BULLY?

You may be hurting your friends or other school mates by using words that are mean.

It's never ok to call them names or make fun of how they look, or speak or dress. We are all different as well as having lots in common! Try to find out how the other person is the same as you. What do they like to do for fun?

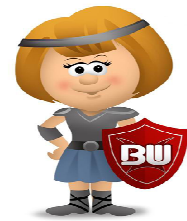
You may be surprised!

CHOOSE YOUR WORDS CAREFULLY!

SENDING AN EMAIL??
DO YOU USE EMAILS TO SEND MEAN AND HURTFUL MESSAGES

TO OTHERS? *This is an example of bullying.*

Do you get nasty emails from someone you know? This is an example of being bullied. You need to ask for help and show the messages to your parent or teacher.



Bonnie was bullied when a person she thought was her friend told untrue stories about her to other friends.

Bonnie was upset and cried a lot before she went to ask for help.

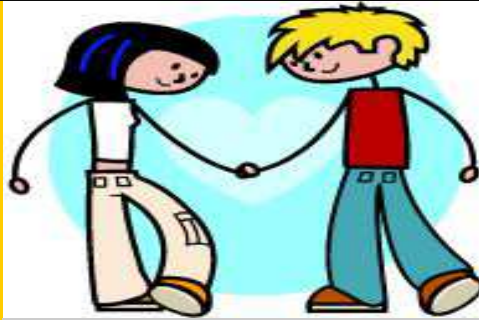
She was helped by an older friend who talked to the bully and told them not to talk about Bonnie in an unkind way.

WHAT IS A TRUE FRIEND?

Take this quiz to see if you are a good friend:

1. Do you talk in a kind way to your friends, even when you are joking?
2. Do you like to share your time and things with your friends?
3. Do you make your friend feel happy and safe?
4. Do you help your friend if they are afraid or unhappy?
5. Do you watch out for your friend to make sure they are feeling ok?

If you answered 'yes' to these questions you are being a good friend!



Friends share happy times together.
Friends look after each others' feelings.
Friends will never leave you out of something if they can include you.
Friends will never say bad things about you to other people.
Friends can be trusted with your happy secrets.
Friends will help you if they can.
Friends don't take your things or damage them.
Friends don't call you nasty names.
Its easy to know if someone is your TRUE friend!

MY BEST FRIEND IS-----

List here all the things you like about your best friend.

My best friend is:
KIND

My best friend can:
Play hockey

WHAT IS A BULLY??

**BULLYWATCH
CAN HELP YOU
DEAL WITH
BULLYING**

We know a lot about bullies now! says Billy



Bullies say and do un-kind things to hurt others

Bullies abuse others by using mean names

Bullies enjoy making others unhappy

Bullies often have friends who will also bully others

Bullies use lots of different ways to bully others including hurtful and untrue words, hitting them and taking their belongings

There is never a good reason for bullies to hurt others. You do not need to feel sorry for them

BULLIES NEED HELP TO LEARN GOOD BEHAVIOUR. REPORT BULLYING TO AN ADULT SO THAT THE BULLY CAN CHANGE FOR THE BETTER

BULLIES ARE OFTEN SEEN AS LEADERS., BUT THEY ARE NOT A GOOD ROLE MODEL TO FOLLOW. DON'T BE FOOLED!

LEARN TO RESIST BULLIES AND YOUR LIFE WILL BE MUCH BETTER!

WHAT CAN YOU DO ABOUT BULLYING??

STAY WITH FRIENDS YOU TRUST WHEN GOING TO SCHOOL OR AT SCHOOL. BULLIES WILL NOT TRY TO BULLY YOU IF YOU HAVE THE SUPPORT OF YOUR FRIENDS



TRUST YOUR FAMILY TO HELP YOU. Tell your mum and dad about the bullying. Or tell an older brother or sister. You can help yourself to be safe if you trust the people who love you most.



NEVER TRY TO FIGHT A BULLY!!

Help your friends who are being bullied: tell an adult, stay near them, take a photo with your phone, report it to a teacher, help them get help Don't support the bully!



Ask for help at school if you need it. Schools and teachers want to help you. They can't help if they do not see the bullying or know it is happening. 'Dobbing' is NOT about reporting important information that will keep others safe. Reporting is about telling adults when someone is being hurt. Think of it as '**BULLYSTOPPERS**' just as adults use Crimestoppers when they see a crime.

WHAT ELSE CAN YOU DO TO KEEP SAFE FROM BULLIES?!



DONT OPEN
EMAILS OR
TEXTS FROM
THE BULLY

TELL YOUR PARENTS
OR TEACHER AND
SHOW THEM THE
NASTY MESSAGES.
THEY WANT TO HELP
YOU

TRAVEL SAFELY!

Never travel alone if there is a bully
who follows or bothers you!
Make sure someone knows how you
are going home.
You can ask for help from a bus
driver or mum with kids



Find safe places but
don't hide!
Avoid the bully by
finding new places to
be with your friends



Billy tried all of these things and
helped to guard himself against the
bully. He used BULLYWATCH
as a shield to protect himself by
learning new skills. YOU CAN TOO!



BULLYWATCH is a program to help you deal with bullying and bullies.

REMEMBER:

Keep yourself safe- ask others for help;

-tell an adult about the bullying

- avoid and go away from the bully -never fight

If you are being bullied you can help yourself:

LIST HERE THE PEOPLE YOU CAN TRUST TO HELP YOU:

PARENTS NAMES-----

OLDER BROTHER OR SISTER-----

FRIENDS-----

TEACHERS-----

WHO ELSE?-----

LIST HERE SAFE PLACES TO GO:

INTO A SHOP TO ASK FOR HELP

POLICE STATION

RAILWAY TICKET OFFICE

WHERE ELSE?

MY
BULLYWATCH
SELF GUARD© PLAN

MY NAME:-----

MY SCHOOL:-----

MY TEACHER:-----

MY SAFE PHONE NUMBER:-----

LIST PHONE NUMBERS OF PEOPLE WHO CAN HELP YOU
I CAN CALL THESE PEOPLE WHO CAN HELP ME:

MUM:-----

DAD:-----

GRANDPARENTS:-----

OTHER PEOPLE PHONE NUMBERS:

1.-----

2.-----

3.-----

Get mum or dad or your teacher to help you fill in
these numbers. You can ask a safe person to call
them for you.