



You Are Not Alone: A Guide to Responding to Bullying

At Dolly's Dream, we understand that bullying can lead to anxiety, depression, and, in the most devastating cases, suicide. Please know that help and support are always available.

If you suspect a child is being bullied, it's normal to feel overwhelmed - but you're not alone. The **Dolly's Dream Support Line** is available 24/7, with someone always ready to offer guidance and reassurance whenever you need it.

What to Do if a Child is Being Bullied

Children may hesitate to tell their parents about bullying for fear of consequences like having their devices taken away or parents going to the school.

- Stay calm and reassure them that they've done the right thing by telling you.
- Ask for the full story and explain that bullying is never okay and it's normal to feel upset.
- Avoid responding aggressively - this could make the situation worse.



Tips To Support a Child Reporting Bullying

- Teach children to recognise when they need help - if they're feeling stressed, upset, scared, sleepless, or overwhelmed.
- Help them make a list of trusted adults they can talk to.
- Teach them the steps for asking for help, like choosing who to ask, preparing what to say, and finding a quiet time and place to talk.
- Remind them that everyone needs help sometimes - including parents.

What if the Bullying is Happening at School?

If bullying occurs at school, it's important to:

- Arrange a meeting with the school to discuss the situation.
- Bring any relevant information or examples of the behaviour.
- Know the questions you want to ask ahead of time.
- Bring a support person if you feel overwhelmed.
- Schedule a follow-up to check on progress.

Every school in Australia should have an anti-bullying policy,
which you can usually find on
the school's website. If not, ask for it.

What if the Bullying is Happening Online?



Step 1

Document the Incident

Take screenshots of abusive messages or posts and note details (dates, times, etc.). Keep them secure.

Never share explicit images of people under 18. This can result in serious legal consequences.

Step 2

Report to the Platform

Use the platform's tools (e.g., "Report," "Flag," or "Block"). Include details and screenshots where possible.

Step 3

Report to the eSafety Commissioner

File a report to the Australian eSafety Commissioner at esafety.gov.au using their online form. They will review your complaint and offer guidance.



Step 4

Seek Support

Reach out to trusted friends, family, or professional counsellors. Dolly's Dream is here to help.

Step 5

Monitor & Follow Up

Keep track of the situation, follow up with authorities or platforms, and strengthen online security (e.g., change passwords, enable two-factor authentication).

Check in with your child regularly and maintain open conversations to ensure they feel safe.

WE'RE HERE FOR YOU



If you're feeling unsure about what to do or where to turn, we're here to support you and your family every step of the way.

Dolly's Dream Support Line **0488 881 033**

Free, confidential counselling for families and children, ensuring help is always within reach. Call **0488 881 033**.

Dolly's Dream Parent Hub

We do the research for you and provide trusted, easy-to-read articles with regularly updated information about online safety and bullying.

Beacon Cyber-Safety App **beacon**

A free app providing practical tools and trusted resources to help families navigate technology and reduce online harms.

