



STAND UP!

Against Bullying

By **YVETTE AUBUSSON-FOLEY**

YOU'LL be hard pressed these days to switch on the radio or television, surf the Net, or pick up a newspaper and not find a discussion about bullying and its devastating effects.

Taking the bull by the horns, *Dubbo Photo News* is launching a campaign today (Thursday, June 4) to investigate the many facets of this behaviour exploring why bullying occurs, who bullies, how to protect yourself, how to prevent it and who to turn to when you can't go it alone.

Headspace Dubbo is one such service, which caters to 12 to 25 year olds, who may be experiencing a need for support in many areas, including bullying.

"There are a lot of reasons why someone is bullied such as appearance or their sexuality. Any time a person doesn't seem to fit the norm can make them a target," said headspace Dubbo, youth access and awareness worker, Nic Steep.

"Bullying damages people in the short and long term. Their self-esteem can be diminished and quite often victims start to believe they aren't worth anything," he said. "Bullying is very much a mental health issue."

Nic also agrees bullying is a whole of community battle with schools, health care workers, families and community groups, all having a role

to play to help stem its negative effects.

Dubbo Photo News invites anyone involved in campaigning against any form of bullying to please con-

tact us with your story to share with our readers to reinforce the message, that bullying is not ok, and if it's happening to you, you are not alone.

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Bullying by numbers

- **1 in 4** students are bullied in school
- onlookers are present in **90 per cent** of bullying incidences
- **1 in 5** children aged 8 to 15 have experienced cyberbullying
- in 2013 an average of **22** complaints of cyberbullying were lodged in EVERY secondary school
- **15 per cent** of people at work are subject to some form of bullying each year
- For every workplace case of bullying reported, estimates suggest **8** cases go unreported
- **200 million** children and youth globally are being bullied by peers
- bullied kids are **three times** more likely to show depressive symptoms
- bullied kids are up to **nine times** more likely to have suicidal thoughts
- girls bullied in their early primary school years are more likely to remain victims as they get older
- <http://www.angelshope.com.au/>
- www.kidspot.com.au



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headspace Dubbo, youth access and awareness worker, Nic Steep: "Stand Up! and say no, bullying is not ok." PHOTO: DUBBO PHOTO NEWS/CONNOR COMAN-SARGENT