

# BULLYING IN LIFESAVING

# WE SAY NO

**BULLYING IS UNWANTED, NEGATIVE BEHAVIOUR THAT'S DIRECTED AT A PERSON OR GROUP, WITH THE INTENTION TO HURT OR HARM.**

## Psychological

Words or actions to manipulate, hurt, or scare someone  
Making someone feel bad about themselves, isolated, or unsafe

## Physical

Bodily harm:  
shoving, slapping, tripping, punching, kicking or hitting  
Any form of unwanted touching

## Verbal

Teasing, name calling, slander or ridicule  
Offensive remarks, threats, intimidation

## Electronic

AKA cyberbullying: using technology to threaten, embarrass, or hurt someone  
Sending mean messages, private photos without permission, blackmail, stalking/trolling or posting nasty comments

## What bullying is

Aggressive, hostile or threatening  
One sided  
Words, actions or exclusion with the intent to hurt or harm  
Repeated  
Deliberate  
An imbalance of power/control  
Harmful: physical, psychological and/or social

**Some forms of bullying - including assault, sexual harassment and discrimination - are unlawful in Australia.**

## What bullying is not

Mutual conflict, disagreement or argument  
Disliking or rejecting someone  
Being mean or nasty once  
Respectful feedback  
Creating boundaries/asking another not to do something

**Whilst these behaviours may be unpleasant or distressing, they're not bullying.**



Talk to your Club, Surf Lifesaving Queensland or someone you trust. There is always help available.



**Queensland**