



## Fact Sheet

### IS BULLYING ON THE RISE?



#### GUESTS:

**Susan McLean** - Susan McLean is Australia's foremost expert in the area of cyber safety and young people and was a member of Victoria Police for 27 years. Widely known as the 'cyber cop' she was the first Victoria Police Officer appointed to a position involving cyber safety and young people. She is a member of the both the National Centre Against Bullying (NCAB) and the Federal Oppositions working party on Internet safety issues.

**Evelyn Field** - Evelyn Field is a practising psychologist and was an Accredited Speaking Member of National Speakers Association of Australia. *Bully Busting* (Finch 1999) was a self-help book for parents, children and educators based on her six simple social survival skills. The updated version *Bully Blocking*<sup>®</sup> was released in 2007. These books are best sellers and translated into Italian, Croatian, Arabic, Korean and Czech. *Bully Blocking at Work* (2010) and *Strategies for Surviving Bullying at Work* (2011) reveal her expertise as an authority on understanding and managing workplace bullying.



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### STATISTICS:

- One student in every four in Australian schools is affected by bullying, says recent research commissioned by the Federal Government.
- An estimated 200 million children and youth around the world are being bullied by their peers, according to the 2007 Kandersteg Declaration Against Bullying in Children and Youth.
- Kids who are bullied are three times more likely to show depressive symptoms, says the Centre for Adolescent Health.
- Children who were bullied were up to nine times more likely to have suicidal thoughts, say some studies.
- Girls who were victims of bullying in their early primary school years were more likely to remain victims as they got older, according to British research.
- Children who were frequently bullied by their peers were more likely to develop psychotic symptoms in their early adolescence, says more UK research.
- Girls were much more likely than boys to be victims of both cyber and traditional bullying, says a recent Murdoch Children's Research Institute study.
- Children as young as three can become victims of bullying, says Canadian research.
- Young people who bully have a one in four chance of having a criminal record by the age of 30.
- Bullying is the fourth most common reason young people seek help from children's help services.

### CYBER STATISTICS:

- A quarter of Australian children report they have been cyber bullied.
- Cyber-bullying is more prevalent in older children with 31 percent of 14-17 year olds reporting that they have been cyber-bullied compared to 21 percent of 10-13 year olds (Microsoft/Galaxy Research, 2008).
- 22 percent of parents of children aged 4-18 admit they have no control over their children's online activities.
- Although most parents (78 percent) claim to control their children's computer use, only one-in-three has Internet filtering in place.
- 760,000 teenagers are allowed to have computers in their bedrooms.
- Just four-in-ten parents are restricting Internet use to shared family areas with 42 percent saying they never check the history of websites their kids have been visiting



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### WHAT TO DO IF YOUR CHILD IS BEING CYBER BULLIED

- Do not be angry with your child – remember that they are the victim and it is someone else doing the wrong thing
- Praise them for coming to you – this is a big step as most children are frightened to tell a parent about cyber bullying
- Save and store the emails, chat logs or SMS's in case of Police investigation
- Help your child to block and delete the bully from all contact lists

### USEFUL WEB LINKS:

To find out how to manage bullying, go to the following links:

[www.cybersafetysolutions.com.au](http://www.cybersafetysolutions.com.au)

[www.bullying.com.au](http://www.bullying.com.au)

[www.ncab.org.au](http://www.ncab.org.au)

### REFERENCES:

<http://www.kidspot.com.au/schoolzone/Bullying-Facts-and-figures-about-bullying+4065+395+article.htm>

<http://www.abc.net.au/news/2011-06-11/school-bullying-rates-fall/2754856>