



WELLBEING NEWS

**Be Bold. Be Kind.
Speak Up.**

BULLYING NO WAY WEEK
11TH - 15TH AUGUST 2025

Bullying No Way- National Week of Action Against Bullying

This week, we join schools across Australia in marking Bullying No Way Week — a national initiative dedicated to raising awareness, building understanding, and strengthening our commitment to preventing bullying.

At St Patrick's, we believe that everyone deserves to feel safe, valued and included at school. The theme this year, "Be bold. Be kind. Speak up.", reminds us that it takes courage to create positive change, and that each of us has an important role to play in fostering a respectful and caring community.

Throughout the week, our students will take part in age-appropriate activities and discussions to deepen their understanding of what bullying is (and what it isn't), how to recognise it, and how to respond in safe and supportive ways. We will be encouraging students to:

- *Be bold – speak up if they see bullying or unkind behaviour.*
- *Be kind – show compassion and support to others.*
- *Speak up – tell a trusted adult if something doesn't feel right.*

We know that preventing bullying is a shared responsibility between students, staff, parents and the wider community. By working together, we can create a school environment where everyone feels welcome, respected and safe.

If you'd like to learn more about Bullying No Way Week, or explore resources to continue these conversations at home, please visit www.bullyingnoway.gov.au or the [St Patrick's School TV bullying page](#).

Thank you for supporting us in building a positive school culture where bullying has no place.

TERM 3 WHOLE SCHOOL REWARDS **Week 3**

Mercy	Lourdes	Nazareth	Fatima
4	13	7	13
54	62	58	64



BULLYING NO WAY:
National Week of Action

12 – 16 AUGUST 2024

MYTHS ABOUT BULLYING

Sometimes people say some of these things about bullying. They mean well, but they're wrong.

“You need to learn to stand up to the bullies.”

Children who tell you about bullying usually are very upset because they can no longer deal with the situation. If they could have dealt with the bullying, they would have. Asking for support is not a weakness, it's a good decision.

“You should stand up for yourself and hit back when you are bullied.”

Hitting back usually makes the bullying worse and increases the risk of serious harm. The person doing the bullying is often bigger, so the target could get seriously hurt by hitting back. Fighting with the other child can escalate the situation, and your child may be reprimanded for their part in a fight.

“Sticks and stones may break your bones, but words can never hurt you.”

The scars left by name-calling can last forever.

“Bullying is just a stage that kids go through at school. We all went through it and we're fine.”

Bullying is not normal or acceptable behaviour. It can have long-lasting negative effects on everyone involved.

“People are born bullies.”

Bullying is a learned behaviour and these behaviours can be changed.

“The best way to deal with a student who bullies others is using punishment.”

Students who bully others usually have problems themselves and are generally unhappy in their own lives. These students always need to face the consequences for their actions, but also need support to change their behaviours and to find better ways of getting what they want to feel good about themselves.