

## Supporting the mental health of children who experience bullying

### Emerging Mind Resources

#### Online courses

**Understanding childhood bullying and mental health:**

This course introduces practitioners to the impact of childhood bullying on the mental health of Australian children aged 4–12 years <https://learning.emergingminds.com.au/course/understanding-childhood-bullying-and-mental-health>

**Practice strategies for childhood bullying:**

This course focuses on skills that will help you to support the mental health of children aged 4 to 12 years who have been experiencing or engaging in bullying behaviour. <https://emergingminds.com.au/online-course/practice-strategies-for-childhood-bullying/>

#### Podcasts

**Childhood bullying and mental health – part one**

<https://emergingminds.com.au/resources/podcast/childhood-bullying-and-mental-health-part-one/>

**Childhood bullying and mental health – part two**

<https://emergingminds.com.au/resources/podcast/childhood-bullying-and-mental-health-part-two/>

**Childhood bullying and mental health – part three**

<https://emergingminds.com.au/resources/podcast/supporting-children-who-experience-bullying/>

**Childhood bullying and mental health – part four**

<https://emergingminds.com.au/resources/podcast/supporting-children-who-engage-in-bullying/>

#### Webinars

**Working with children who are experiencing or engaging in bullying behaviour:**

This webinar will be of interest to practitioners who work with children and families in a broad range of settings, given the wide reach of bullying involvement. It will be of particular interest to those working with children aged 4–12 years. <https://emergingminds.com.au/resources/working-with-children-bullying-behaviour/>



This webinar was co-produced by MHPN and Emerging Minds for the Emerging Minds: National Workforce Centre for Child Mental Health (NWCCMH) project. The NWCCMH is funded by the Australian Government Department of Health under the National Support for Child and Youth Mental Health Program.



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### Practice papers

#### **Key considerations for practitioners responding to childhood bullying:**

This resource was developed for practitioners who work with children and want to better respond to their disclosures of bullying involvement. It offers key considerations for providing supportive and curious responses to children who are experiencing bullying behaviour and those who are engaging in bullying behaviour.

<https://emergingminds.com.au/resources/key-considerations-for-practitioners-responding-to-childhood-bullying/>

#### **Primary health support for bullying in the middle years: Learnings for practitioners**

<https://emergingminds.com.au/resources/primary-health-support-for-bullying-in-the-middle-years-learnings-for-practitioners/>

#### **Working with families to prevent bullying:**

<https://emergingminds.com.au/resources/working-with-families-to-prevent-bullying/>

#### **Exploring bullying in context: Children's relationships, friendships and social functioning:**

<https://emergingminds.com.au/resources/exploring-bullying-in-context-childrens-relationships-friendships-and-social-functioning/>

#### **Supporting families to navigate school responses to bullying**

<https://emergingminds.com.au/resources/supporting-families-to-navigate-school-responses-to-bullying/>

#### **Prejudice-motivated bullying and its impact on child mental health and wellbeing**

<https://emergingminds.com.au/resources/prejudice-motivated-bullying-and-its-impact-on-child-mental-health-and-wellbeing/>

#### **Identifying and responding to bullying in the pre-teen years: The role of primary health care practitioners :**

<https://emergingminds.com.au/resources/identifying-and-responding-to-bullying-in-the-pre-teen-years-the-role-of-primary-health-care-practitioners/>

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### Websites

**Reach Out:** Explore a range of classroom resources designed to be engaging and relevant for students.

[https://schools.au.reachout.com/bullying?gclid=EAlaIQobChMIyefO3ODI\\_gIV34tLBR02nw25EAAAYASAAEgII6PD\\_BwE](https://schools.au.reachout.com/bullying?gclid=EAlaIQobChMIyefO3ODI_gIV34tLBR02nw25EAAAYASAAEgII6PD_BwE)

**Kids Helpline** – Phone and online counselling - <https://kidshelpline.com.au/teens/issues/bullying>

**Bullying No Way** – How to talk about bullying in the classroom <https://bullyingnoway.gov.au/teaching-about-bullying/talking-about-bullying>

**eSafety** - Cyber bullying reporting <https://www.esafety.gov.au/key-issues/cyberbullying>