

Trusted Australian bullying support resources

A calm starting point for parents and carers

When you are trying to understand a bullying situation, it can be hard to know which information to trust. These established Australian services each offer a different kind of information or support.

UNDERSTAND BULLYING AND SCHOOL RESPONSES

Bullying No Way

National, evidence-informed information for Australian school communities. Its family pages explain bullying and cyberbullying, how families can respond, and where to find support.

[Parents and carers information >](#)

WHEN ONLINE HARM IS INVOLVED

eSafety Commissioner

Australian Government guidance about cyberbullying, including collecting evidence, reporting to a platform and when severe cyberbullying affecting someone under 18 can be reported to eSafety.

[Cyberbullying guide for parents and carers >](#)

CONFIDENTIAL SUPPORT FOR CHILDREN AND YOUNG PEOPLE

Kids Helpline

Australia's free, confidential, 24/7 phone and online counselling service for young people aged 5 to 25. Young people can contact a qualified counsellor about any issue.

[Kids Helpline counselling and information >](#)

PRACTICAL, EVIDENCE-BASED PARENTING INFORMATION

Raising Children Network

Australian Government-funded, expert-reviewed parenting information. Its bullying guides cover talking with children, working with schools and supporting wellbeing at different ages.

[Supporting a child experiencing bullying >](#)

SUPPORT FOR YOU AS A PARENT OR CARER

Parent and carer support services

Bullying No Way keeps a state-by-state list of Parentline and other established support services for parents and carers. Availability and hours vary by location.

[Find support in your state or territory >](#)

ABOUT THIS LIST

We Are Standly has curated these links to help parents reach established Australian sources more quickly. We are independent and are not affiliated with the organisations listed. Standly does not assess individual situations or provide medical, psychological, legal, school policy or emergency advice.

Immediate danger: call Triple Zero (000).

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