Bullying, Violence and Safety

All young people have the right to feel safe and not fear bullying and violence from others. Society has a history of violent behavior, particularly among young people due to brain development, impacting on impulse control. However, there has been an increase in the methods of bullying. Bullying no longer occurs only in face to face settings whick often escalates to physical violence. Advancements in technology have created new avenues for bullying and threats of violence. The damaging effects of bullying are no less significant when the bullying occurs outside of a face to face encounter. It is arguable that bullying in today's society is more damaging than ever, as it is extremely difficult for a young person to avoid or escape bullying when it is occurring in the form of cyber bullying. All forms of bullying are damaging to young people and can impact the bully, not just the victim so it is vital that young people have access to support services and are not further isolated if they are victims of bullying.

Violence can occur in a range of settings including in the family, an intimate relationship, between friends or between strangers and unfortunately violence is a common part of many young people's lives. Violence can be physical, verbal, emotional or sexual and can be implied through violent gestures or threats. It is important that emphasis is placed on having the right to be safe as for many young people violence is the norm. Self responsibility is a key component to remaining safe, however young people often utilise buddy systems which demonstrates a responsibility they have to the safety of each other. Promoting the idea of looking out for the safety and wellbeing of friends and family is becoming more popular however, it is also important to promote the safety of strangers by encouraging young people to refrain from violence or intimidating behaviours.

YNOT is committed to:

- Promotion of young people having the right to be treated with respect and feel safe and supported in their environment.
- The prevention of bullying in any form, regardless of intent or location.

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- The promotion of anti bullying campaigns in schools and the wider community to discourage bullying.
- Advocating for increased education on the harmful effects of bullying and violent behavior on young people.
- Assisting in the implementation of strategies to combat bullying and violent behavior, particularly in educational institutions, to prevent reoccurrences or constant bullying and violent behaviour.
- Encouraging peer support groups within public youth spaces to create support networks to combat the isolating effects bullying can have on young people.
- Advocating for adequate resourcing for programs that address young people's experiences of violence.

Future Vision

A Tasmania in which young people feel safe in their homes, schools and communities and not fear that they will be the victim of bullying or violence. Additional services will be made available for those young people who are experiencing bullying or violence and are seeking assistance and support.

References

Rigby, K, *Bullying Intervention in Schools: Six Major Approaches,* retrieved from http://www.bullyingawarenessweek.org/pdf/Bullying_Prevention_Strategies_in_Schools_Ken_Rigby.pdf

Strategies for Youth (2011), *Law enforcement explores cerebral development, crime links*, retrieved from http://strategiesforyouth.org/news-events/in-the-press/impulses-stress-young-brains.