

Bullying is never OK

YOU CAN TALK TO A
LAWYER FOR FREE AT
TASMANIA LEGAL AID

To get free legal information call **1300 366 611** or use the Legal Talk chat from the bottom right-hand corner of our website. Legal Talk and our phone lines are available Monday to Friday, 9am to 5pm.

A lawyer can help you:

- find ways to protect you from bullying;
- complete a restraint order;
- with going to Court.

? Can the law protect me from being bullied?

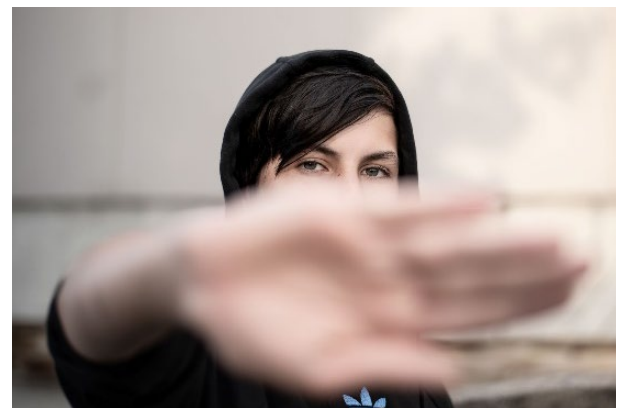
Yes, we have laws to keep us safe from harm, to live peacefully in society and to ensure that no-one uses power over another unfairly. There are a number of ways the law can help protect people from bullying.

? How can the law protect me from being bullied?

Many things that make up bullying are illegal. There are a number of laws which are designed to stop bullies from victimising other people. Here are some actions that a bully might do that the law says is not OK:

1. **Assault** (touching another person without their permission)
2. **Stealing** (taking someone's property without their permission)
3. **Damaging or injuring property** (breaking someone's possessions without permission)
4. **Stalking** (following someone, going to someone's workplace, waiting outside someone's home and other similar things.)
5. **Bullying** (posting offensive things, making threats, interfering with property, trying to humiliate someone)

Each of these actions is a criminal offence and can result in serious punishments.



? What is a restraint order?

A restraint order is a document that you can get from a Court that prevents another person from doing certain things to you. They can be very useful for stopping someone who is bullying you.

A restraint order can stop someone from abusing or threatening you, coming within a certain distance of you or contacting you (even sending you a message via social media).

Read our [fact sheet on restraint orders](#) to give you some information on how they work.

? Where can I get some support?

You can get support from several different people:

- If you are being bullied at school speak with a trusted adult about what is happening. It is important that you speak with someone you trust
- If you are being bullied at your work you should talk to your employer or someone at work who might be responsible for

workplace safety. You can also contact [Fairwork Ombudsman](#) as they can assist you with bullying at work

- Bullying is against the law and you might consider making a complaint to the Police.
- Depending on the nature of bullying you are experiencing, you may want to consider filing a restraint order with the Magistrates Court
- Remember that Kids Helpline is a free service for people up to the age of 25 and they are available 24/7.

Helpful links

- Bullying No Way: www.bullyingnoway.gov.au/
- Fact sheet on Restraint Orders: www.legalaid.tas.gov.au/factsheets/fact-sheet-restraint-orders
- The Magistrates Court: www.magistratescourt.tas.gov.au
- Fairwork Ombudsman: www.fairwork.gov.au/employment-conditions/bullying-sexual-harassment-and-discrimination-at-work/bullying-in-the-workplace
- Kids Helpline: www.kidshelpline.com.au
- Headspace: www.headspace.com
- Tas Police – phone 131 444
www.police.tas.gov.au/