

## Bullying

Anyone can talk to a lawyer for free at Tasmania Legal Aid.

To get free legal information call 1300 366 611, drop into our Hobart or Launceston office (no appointment necessary) or use the Legal Talk chat function on our website. We are open Monday to Friday, 9am to 5pm.

A lawyer can listen to your story and help identify the next steps you can take.

There are a number of laws which are designed to stop bullies from victimising other people.

### 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:

- Assault (touching another person without their permission)
- Stealing (taking someone's property without their permission)
- Damaging or injuring property (breaking someone's possessions without permission)
- Stalking (following someone, going to someone's workplace, waiting outside someone's home and other similar things.)
- Bullying (posting offensive things online, 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).

### 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.
- [Kids Helpline](#) is a free service for people up to the age of 25 and they are available 24/7. Call 1800 55 1800.

This is written for people who live in or who are affected by the laws of Tasmania, Australia. The law changes all the time – this information is not legal advice. If you have a legal problem, you should talk to a lawyer before making a decision about what to do.