



90 mins

Start course

Understanding childhood bullying and mental health online course

Practitioners play an important role in preventing and responding to childhood bullying. This online course has been developed to build understanding and challenge existing perceptions of this complex social issue.

About this course

This course introduces practitioners to the impact of childhood bullying on the mental health of Australian children aged 4–12 years. You'll learn about five key aspects that can influence a practitioner's understandings of childhood bullying and impact how children experience bullying and their mental health outcomes. The course also shares insights on children's own thoughts and feelings about bullying, how this differs to adults and the important role of relationships.

Why was this course developed?

Despite considerable efforts to address childhood bullying, it continues to have a significant impact on Australian children's mental health and wellbeing. This course has been developed to support practitioners in their understanding of childhood bullying, its complexities, and the extent of its impact. This is important for all practitioners who work with children and families, not just those within the education sector. This course aims to build confidence in identifying childhood bullying, assessing its effects, and responding sensitively and proactively to children who may be engaging in or experiencing bullying behaviour.

How was this course developed?

This course was developed in collaboration with academic stakeholders, child and family services, child mental health experts, children, and parents with lived experience.

Who is this course for?

The course will support a broad range of practitioners to understand the impact of childhood bullying on children's mental health. It introduces key concepts and fundamental practice considerations. However, as a foundation course, it does not explore practice specific to working therapeutically with a child experiencing or engaging in bullying. These concepts will be covered in the practice course being released in early 2023.

What is included in the course?

This course features video interviews with children, practitioners and parents, along with reading materials and reflective activities. It is designed to be undertaken individually, but can also be used as a prompt for conversations between colleagues.