



Report racism or discrimination to your school

Everyone has a role in stopping racist or religion-based bullying. Don't underestimate your ability to make a difference.

Discrimination or abuse based on religion or race is not tolerated

If you experience or see discrimination or racist bullying, calling it out makes a big difference. This can be hard, but when one person stands up to bullying it encourages others to do the same.

Most students admire people who stand up for someone being bullied.

If you see bullying or abuse, you can ask for help from:

- a teacher
- the school counsellor
- the Wellbeing Coordinator
- your parent or carer.

If you want more information about what to do if you experience, see or hear bullying, including racist bullying, go to www.education.vic.gov.au and search: Bully Stoppers.

Report an incident on the report racism hotline

If you don't feel comfortable reporting an incident to someone at your school, or you are not happy with the result, contact the Department's Report Racism Hotline.

Report Racism Hotline

1800 722 476

report.racism@education.vic.gov.au

The hotline is available from 9am to 5pm, Monday to Friday, excluding public holidays.

Advisers on the hotline can give you advice about next steps and available support.

Get telephone counselling and support

If you need to talk to someone else about these issues, counselling and additional support is available.

Kids Helpline is a free and confidential counselling service for young people. Qualified counsellors at Kids Helpline are available to chat for any reason via webchat, phone or email, 24 hours, 7 days a week.

Kids Helpline

1800 55 1800

counsellor@kidshelpline.com.au

kidshelpline.com.au

Your parent or carer can also contact Parentline for support from an independent and qualified counsellor.

Parentline is a confidential and anonymous counselling telephone service for parents and carers of children from birth to 18 years old. Counsellors are available to talk about a wide variety of parenting issues, including discrimination or abuse at school.

Parentline

13 22 89

www.parentline.vic.gov.au

Parentline is available from 8am to midnight, seven days a week including public holidays.

Useful information

Headspace provides tailored and inclusive mental health support for young people aged 12 – 25 years old.

To find out more about headspace, as well as its contact details, visit the headspace website: <https://headspace.org.au/>

To find out how to report religious or racial discrimination and abuse in schools, or how to make a complaint to the Department, visit the Department's website: www.education.vic.gov.au

(search: "Reporting religious or racial discrimination and abuse in schools" or "feedback about schools").