

Thursday, 11 January, 2018

Media Alert

Tragic death of 14 year old Dolly

In light of media reports about the tragic death of 14 year old Amy Everett known as Dolly, Kids Helpline would like to remind Australian media that free phone and online counselling service Kids Helpline is available to all children and young people across the Australia anytime and for any reason.

If appropriate to your coverage, please include [Kids Helpline](#) contact details at the end of coverage and articles. Kids Helpline counsellors are also available for interview.

Kids Helpline is Australia's only free, private and confidential 24/7 phone and online counselling service for children and young people aged 5 to 25 years. www.kidshelpline.com.au or free call 1800 55 1800.

KIDS HELPLINE'S TOP ANTI-BULLYING TIPS

What to look out for:

- Unexplained cuts or bruises or pencil marks on the skin.
- Being quiet or withdrawn.
- Reporting vague headaches or stomach aches.
- Ripped, stained or soiled school clothes.
- 'Losing' lunch money or other things at school.
- Falling out with previously close friends.
- Being moody or easily distressed.
- Not wanting to leave the house or reluctance to go to popular places such as malls or parks (they may be trying to avoid the bully).
- Not wanting to go to school
- Experiencing difficulty in sleeping at night.
- Becoming worried about a lot of things.
- Showing sudden changes in eating behaviour.

If your child is being bullied:

- Let the child know it is ok to talk about how the bullying is making them feel.
- Remind children it is NEVER their fault and provide the space for them to talk about what's going on. Sometimes it's good just to listen before acting.
- Help the child or young person understand the power dynamic involved in bullying. Discuss ways to stop giving the bully power, for example, walking or turning away from the bully.
- Reassure them that you will help to stop the bullying from continuing.
- Find out what, when and where it happened and if anyone was present. Contact the school or organisation where relevant and make sure they are aware of the problem and work out with them how to stop the bullying.
- Talk to the experts - If you don't know what to do or where to go consider calling trained counsellors at Kids Helpline or contact www.esafety.gov.au.

MEDIA CONTACTS:

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