



LIFTING THE LID ON BULLYING

Research Study Findings, July 2025

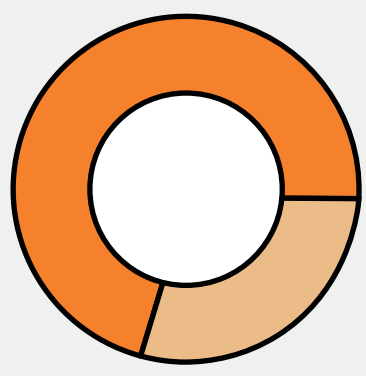


Bully Zero's latest research reveals a confronting truth: when it comes to bullying, most Australians turn a blind eye. The study highlights the alarming prevalence of bullying - in both schools and workplaces - and the striking lack of intervention. It also sheds light on what that silence means for those facing bullying alone.

Ending bullying starts with action - in the moment, when it happens. Not standing by. Not staying silent.

Here are the key findings.

Prevalence of Bullying



71% of Australians have experienced bullying in their lifetime

53% were bullied at school

27% were bullied at work

Bullying affects all age groups and genders — only slightly lower among Boomers¹

1 - Boomers are an older generation, born between 1946-1964 (Aged 61 and over)

When Bullying Occurred

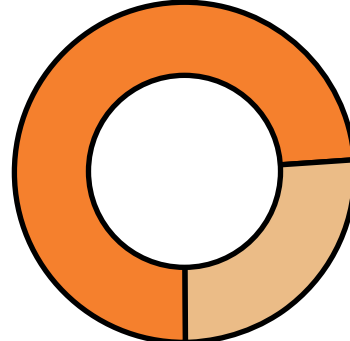
31% of bullied Australians experienced it in the last 12 months

18% experienced it 1-5 years ago

51% experienced it more than 5 years ago

2 - Generation Z are young people born between 1995-2009 (Aged 18-28)

If Anyone Helped



74% of bullied Australians said no-one stepped in to help

16% said someone helped

The bystander behaviour spans all generations and genders — although Gen Z² were more likely to receive help (29%).

How it Felt to be Bullied and Not Helped



Bullied Australians that received no help felt:

45% Alone

39% Powerless

37% Angry

30% Hopeless

How it Felt to be Bullied and Someone Helped

Bullied Australians that received help felt:

57% Grateful

48% Protected

38% Relieved

23% Valued



Bullying in the Workplace

When workers were asked if they were aware of bullying prevention policies at their workplace:

42% said Yes, and they're enforced

25% said Yes, but they're not enforced

23% said they weren't aware of any policies



Report Methodology

The Lifting the Lid on Bullying report was commissioned by Bully Zero and conducted by accredited research firm Di Marzio Research. The online survey took place from 10-14 July 2025, with a representative sample of 1,000 Australian adults aged 18 and over. The sample was selected to reflect the Australian population by gender, age, and location. A definition of bullying was provided to survey respondents to ensure accuracy and avoid misunderstanding.

The research aims to deepen understanding of bullying's prevalence and impact and, crucially, how intervention can help end it. Findings highlight the significant role bullying plays in fueling Australia's mental health crisis, and the powerful effect a simple act of intervention can have.

The full report can be viewed and downloaded [here](#).

Resources on Bullying

Bully Zero delivers bullying prevention programs in schools and workplaces and offers a wide range of resources to help you understand bullying and its impacts.

Download our [infographic](#) revealing the true cost of bullying — on children, workplaces and the Australian economy — plus our [7-step framework for taking action](#).

We can and will end bullying in Australia. While we're not there yet, together we can make it happen. Together, we can **Act On It**.

Bully Zero is Australia's leading organisation delivering face to face programs by qualified facilitators. From cyber safety to bullying prevention, our programs make an impact in schools, community groups, sporting clubs and workplaces. Bullying is constantly evolving so we remain vigilant to deliver practical, relevant and evidence-based resources and tools to empower Australians to prevent and tackle bullying. Let's shape A WORLD FREE FROM BULLYING.

Check out our other research, infographics, fact sheets and resources at:

www.bullyzero.org.au

