

My brother Sam

A story about bullying



Mary Koolhof
Illustrated by Mich Omen

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Communities for Children at The Salvation Army,
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My brother Sam is
tall and strong.



He has a purple motorbike.



Sometimes I **help**
Sam polish his
motorbike.



Sometimes he lets
me sit on the seat
in the driveway.

I feel **happy**
and proud.



But sometimes
Sam's friends come
to our house.

Then Sam is **MEAN**.

He shouts,
'Get lost, Ben!'



When Sam shouts,
I feel bad inside.

My **tummy** hurts.



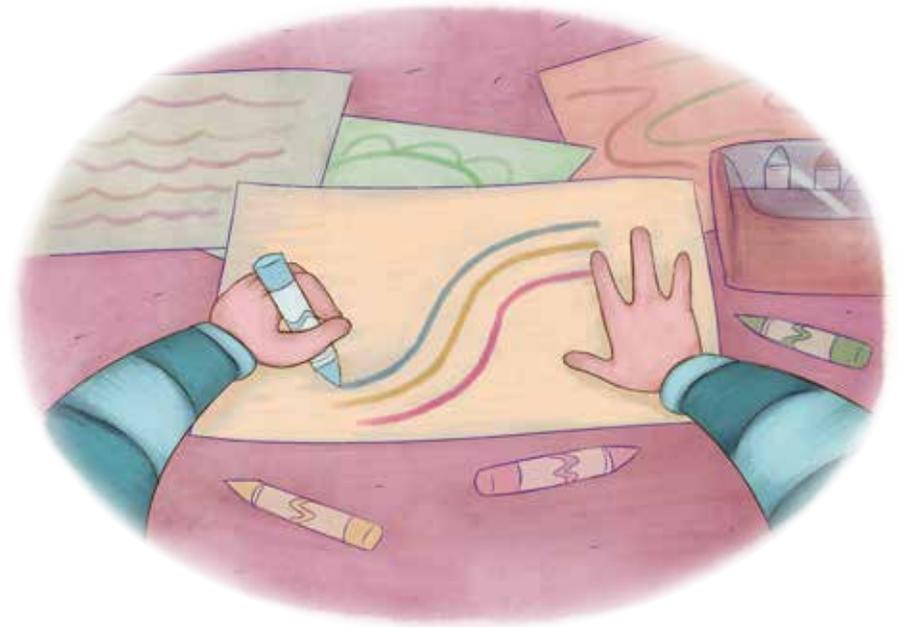
Then I run to
my bedroom and
shut the door.

I take out the
special colouring
set I got for
Christmas.



I draw beautiful
smooth lines.

When I draw, I
feel better inside.



I **forget** all the bad things that happen.

My tummy doesn't hurt any more.



I think I'll take my
picture to school to
show my teacher,
Miss Jones.



I like talking to
Miss Jones.

If I have a problem,
she *always*
helps me.



Miss Jones said
she'd have a **talk**
with Mum and Dad
about Sam
and his friends.



She said I should
be able to feel
safe at home.



Now I think I'll do
another drawing.

If you are being
bullied,
tell your family, friends
or teachers.

“**Bullying** is repeated behaviour by an individual or group with the intent to harm another person or group.” (definition from www.cybersmart.gov.au)

Check out these links to find out what you can do to cope with bullying issues:

- www.kidshelp.com.au provides free, confidential online and phone counselling, phone 1800 55 1800
- www.cfctas.org.au is the Communities for Children South East Tasmania website which has some practical ideas on how to cope with bullying issues
- angelsgoal.org.au is an Australian anti-bullying and support organisation
- www.takeastandtogether.gov.au from the Australian government includes some videos and activities for families with children of all ages about bullying behaviour
- www.ncab.org.au/forkids is from the national centre against bullying and gives hints and tips about how to address bullying issues for parents and children
- <http://raisingchildren.net.au/articles/bullying.html> is information for parents on how to spot if your child is being bullied and what you can do about it
- www.bullying.com.au provides information and resources to understand and manage school bullying and workplace bullying
- www.lifeline.org.au provides 24 hours, 7 days a week crisis support online and phone support, phone 13 11 14

Keep on telling
until something
is done.
They can help!

The Salvation Army Communities for Children aims to improve the development, health and wellbeing of children up to the age of 12 years and their families through innovative early intervention and prevention programs.

Communities for Children provides support for parents and children to improve child development, child safety and family functioning. We promote social inclusion ensuring families are connected to local communities. Activities and resources focus on supporting parents to raise children who are confident individuals with the capacity to reach their full potential.

My brother Sam is a Salvation Army Communities for Children South East Tasmania initiative funded by the Australian Government Department of Social Services.

For further information about Communities for Children please see the website: www.cfctas.org.au



Acknowledgements

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My brother Sam is written for children who might be affected by sibling bullying or know someone who is.

The story addresses bullying behaviour and encourages children to discuss their feelings and to seek help from someone they trust in order to feel safe.

My brother Sam is also written for adults to read aloud with their children to help them understand how children may be affected by sibling bullying.

Other books available in this series developed and produced by The Salvation Army Communities for Children South East Tasmania are:

Alicia helps Bec take a stand – A story about cyberbullying suitable for 9-12 years old.

Speak up and win! - A story about cybersafety suitable for 9-12 years old.

My brother Sam is suitable for children up to seven years old.

Mary Koolhof Author



Mary Koolhof is a teacher and writer who has been involved in many programs supporting children and young people in Tasmania. She has great respect for the work done by The Salvation Army through Communities for Children and is very pleased to be able to support this work.

Mich Omen Illustrator



Mich Omen is a professional animator and cartoonist who specialises in character design and comics. He is Melbourne based but also does collaborative work overseas. He previously has worked for Blue Rocket Productions as a background design and character rigger. He now works in mostly personal based projects such as comics and hand drawn animation.

