



BREAKING THE SILENCE AROUND BULLYING

Dolly's Dream was founded by Kate and Tick Everett in memory of their daughter, Dolly, who tragically took her own life at just 14 years old after relentless bullying. Determined to prevent other families from experiencing such heartbreak, Kate and Tick created Dolly's Dream to change the culture around bullying and support young people and families across Australia.

We exist to break the cycle and silence of bullying. Our mission is to spread kindness,

“ This is a movement we wish we never had to start...and we won't stop until the bullying stops. ”

- Kate and Tick Everett

protect and educate children, and empower communities, especially in rural, regional, and remote areas. We want every young person to know they are not alone.

Dolly's Dream provides a Bullying Support Line - **13 DOLLY**, practical tools, education, and direct support focused on bullying prevention, online safety, and mental health.



13 DOLLY
Bullying Support Line
CONFIDENTIAL CALL. YOU'RE NOT ALONE.

About Dolly's Dream

Dolly's Dream was founded by Kate & Tick Everett in memory of their daughter, Dolly, who tragically took her own life after relentless bullying. Dolly's Dream was created to change the culture of bullying and support kids, young people and families across Australia.

We want every person experiencing bullying to know they are not alone, and that help and support are available no matter where they live.



13 DOLLY Bullying Support Line - FAQs

Is 13 DOLLY available 24 hours a day?

Yes, for kids and young people, **13 DOLLY** is available 24 hours a day, 365 days a year.

For parents and carers, the service is available from 6am to midnight every day.

If you are unsure, you can still call, and we will guide you.

Is the Bullying Support Line free?

Calling **13 DOLLY** costs the same as any standard phone call. Webchat is free.

The counselling provided through **13 DOLLY** is completely free and delivered by qualified **Kids Helpline** and **Parentline** counsellors, with no GP referral required.

Do I have to give my name?

No. You can choose how much information you share. You can stay anonymous if you prefer.

Can I contact the 13 DOLLY Bullying Support Line on my child's behalf?

Yes. Parents and carers are welcome to reach out for support and guidance.

What if my child doesn't want help?

That is okay. We can help you think about gentle ways to support them and keep communication open.

What if I am not sure if it is bullying?

You do not need to have the right words before you contact us. We can talk it through together.

Will I have to wait on hold?

Sometimes there may be a wait to speak with a counsellor. Calls and webchats are answered in order, so the person who has been waiting the longest will be the next to be answered. If the wait feels hard, please stay with us if you can. Or you can request a call back at dollysdream.org.au.

Your call is important.

What is the best time to call?

The busiest times are after school and in the evening.

We understand that it can be frustrating if you cannot connect with a counsellor straight away. Please keep trying, stay on the phone or webchat, and we will get to you as soon as we can.

Can I request a call back?

Yes. You can request a call back at a time that suits you via the link on the Bullying Support Line page at dollysdream.org.au



Bullying support whenever you need it

Bullying Support Hub

For kids, parents, carers and educators, our bullying support hub offers information and practical resources for dealing with bullying online and offline.



Beacon Cyber Safety App

Free for parents and carers to download from any app store, Beacon is your go-to guide for kids online safety.



YOU ARE NOT ALONE



**Bullying support
whenever you need it**



13 DOLLY - Bullying Support Line

Get confidential support via phone or webchat.

Kids & Young People: Open 24/7

Parents & Carers: Open 6am - Midnight



Bullying Support Hub

Get bullying support resources
and toolkits.



Beacon Cyber Safety App

Free to download from any app store, Beacon
is your go-to guide for kids online safety.



Visit dollysdream.org.au for bullying support

✉ community@dollysdream.org.au ✉ schoolbookings@dollysdream.org.au



Bullying Support Line

Private and confidential service for kids, young people and parents, with qualified counsellors available to talk to via phone or webchat.



**CALL NOW
YOU ARE
NOT ALONE**

Kids & Young People: Open 24/7
Parents & Carers: Open 6am - Midnight



Visit dollysdream.org.au for bullying support

✉ community@dollysdream.org.au ✉ schoolbookings@dollysdream.org.au





Butterfly Cut Out

Instructions:

1. Print on A4 paper as many times as needed.
2. Cut out the Dolly's Dream butterfly by cutting along the dotted lines.

