



What is bullying?

Bullying is the **deliberate, repeated**, psychological, emotional and/or physical **harassment** of one student by another (or a group).

Bullying can be:

Emotional: being unfriendly, excluding, tormenting (e.g. hiding books, threatening gestures), intimidation.

Physical: pushing, kicking, hitting, punching or any use of violence.

Racial: racial taunts, graffiti, gestures, comments, names.

Sexual: unwanted physical contact, sexual gestures, sexually abusive comments or focusing on the issue of sexuality, sending sexual images via phone or internet.

Verbal: name-calling, sarcasm, spreading rumours, teasing, abusive or threatening phone calls

Cyber: any bullying done through the use of technology, including abuse using email, instant messaging, text messaging, websites, social networking sites, etc.

Why is it important to respond to bullying?

Bullying hurts. No one deserves to be a victim of bullying. Everybody has the right to be treated with respect. Bullying can cause loneliness, depression, anxiety, poor academic achievement, lead to low self-esteem and increased susceptibility to illness. Students who are bullying need to learn appropriate ways of behaving. Students who bully have a higher likelihood of depression, aggression and incarceration as adults.

Schools are expected to respond promptly and effectively to issues of bullying. Bullying incidents are reported to Governing Council twice per year.

What to do if your child is being bullied?

If your child is being bullied, please REPORT it. Provide as much detail as possible about each of the incidents.

Written details of bullying incidents should include: when, where, what happened, who was involved (including bystanders) **and any action your child may have taken to stop it.** This will ensure the school can respond immediately, accurately and effectively.

Please do not approach any children involved or their parents.

Who to report to

Tell any staff member you feel comfortable talking to. This could be the class-teacher, the Wellbeing Coordinator, or the Principal.

How to Report

Arrange a meeting for you and your child with an appropriate staff member (Teacher, Principal, or Wellbeing Coordinator).

Bring the facts to the meeting.

Work with your child and school staff on a plan to keep your child safe, including bully-proofing and responding to future bullying.

Please do not discuss events on social media. It is important that adults positively model how to resolve an issue in a respectful way and ensuring that all sides to the story are heard.

Advice for Parents

If you are worried that your child is being bullied, ask him/her directly.

- Give your child a chance to vent his/her feelings about being bullied.
- Access the school for resources about bullying.
- Follow up with the school what action has been taken to stop the bullying.
- Be a role model for your child - treat people with tolerance, kindness and respect. Be assertive rather than aggressive. Speak kindly of yourself and others.

Contact a member of the leadership team for more parent help and advice.

What the school will do when bullying is reported

In all cases of bullying, staff will record the incidents.

The role of bystanders in bullying situations will be acknowledged and recorded details will include who was a bystander.

Where appropriate, parents will be informed and asked to meet with a member of the leadership team.

A range of consequences may be used for students who bully and harass, including time spent out of the classroom or playground.

A student support plan can be developed by the school in partnership with staff, parents and the child.

If/when incidents occur outside of school hours off-site and follow into school hours the Principal reserves the right to follow the school's anti-bullying policy.

Police may also need to be contacted if the behaviour is considered illegal (e.g. sexting).

Staff and / or leadership may use the following strategies / programs

Talk with students involved and help them to solve the problem in a restorative way.

Teach students about dealing with conflict and anger.

Teach students about care and respect for themselves and others.

Peg Chart

Personal and Social Capability Continuum

Mediation

Restorative Practices

Use the Child Protection Curriculum

MyTern Social Skills program

Children can be supported by

Class Teacher

SSO

Wellbeing Coordinator

Principal

The school can also seek support from the services available in the Regional Office.

If the bullying behaviour continues the leadership team will respond in accordance with the DfE student behaviour management procedures.

Students using bullying behaviours may undergo counselling in order to make changes to their behaviour. Parents may be asked to attend some or all of these sessions in consultation with school leadership &/or teacher.

After the incident / incidents have been investigated and dealt with, each case will be monitored to ensure repeated bullying does not take place.

If the bullying continues, TELL someone IMMEDIATELY

Useful Resources

www.bullyingnoway.com.au

www.cybersmart.gov.au

www.kidshelp.com.au

Kids Helpline 1800 55 1800