



# What is Bullying Policy 2020

## What is Bullying?

It is any behaviour intended to hurt or frighten another person who cannot defend themselves, over a sustained period of time.

Bullying comes in many forms and can include:

- Name calling
- Teasing
- Spreading rumours
- Threatening to hurt
- Hitting, punching, kicking
- Excluding someone
- Damaging someone's property
- Cyber-bullying

If these behaviours occur repeatedly and over a long period of time then they are a bullying behaviour.

## The School Will

- Increase students, parents and staff awareness of bullying.
- Teach students about social problem solving.
- Respond to all incidents of bullying, eg seek assistance from teachers, Principal and School Psychologist.
- Follow 'Anti Bullying Policy.'
- Follow 'Behaviour Management In Schools Policy' (BMIS).
- Contact parents and involve them in discussions where necessary.

- Use a range of strategies including 'SHARED CONCERN' and 'RESTORATIVE PRACTICES' behaviour management.
- Implement Values Education and Social and Emotional learning.
- Teach Positive Bystander Behaviour.

## How do you recognise if your child is being bullied?

It isn't always easy to identify when a student is being bullied.

### Some of the possible signs are:

- Changing his/her route to or from school.
- Going to school or coming home at different times.
- A decrease in social contacts.
- A deterioration in school work.



### What can you as a parent do if you believe your child is involved in bullying?

- If your child is involved in bullying, either as a bully or being bullied, they need your support. Be prepared to listen to them but be aware they may not tell you the full story.
- Discuss the situation calmly with your child.
- Model and encourage non-aggressive ways of handling difficulties.
- Take an active interest in your child's social life.
- **It is vital that you know where your child is at ALL times.**

- Research shows that bullying is more likely to be reported to friends and family than to teachers.
- **Do not take matters into your own hands by confronting other people's children.**
- Always work in partnership with the school.

## **PARENTS CAN HELP**

### **MODEL APPROPRIATE VALUES**

#### **ENCOURAGE YOUR CHILD**

To bring friends home and to accept and tolerate differences in others.

#### **BUILD YOUR CHILD'S SELF ESTEEM**

By recognising and affirming their positive qualities. Value your child for who they are.

#### **DISCUSS WITH YOUR CHILD**

The school's expectations about behaviour and ways to respond if their rights are infringed.

#### **ENCOURAGE CONSTRUCTIVE RESPONSES**

- Physical bullying or persistent teasing needs to be reported.
- Hitting back or retaliating with name calling won't solve the problem. It may even make it worse.

#### **ACT**

If your child is being bullied or is bullying at school report it to your child's teacher, the Deputy or Principal. Your report will be followed up.

#### **BYSTANDER BEHAVIOUR**

Children and parents need to understand that watching/supporting a bullying situation and doing nothing about stopping it, is also bullying.

By working together we can build a school environment that is **Bully Free**