



Anti - Bullying Policy



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 including:

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

If these behaviours occur **repeatedly** then they are a bullying behaviour.

Cyber Bullying- 10 Ways to **STOP** it

- Tell someone
- Keep everything
- Teach children not to engage
- Learn more about your child's activity
- Monitor your child's mobile devices
- Recognise the signs
- Keep data secure
- Don't become the bully
- Stand together-escalate issues to proper authorities
- Hold bullies accountable

The School Will

- Look for the signs and liaise with parents
- 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 'Counter 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 or lack of interest in favoured activities.
- Signs of depression
- Reduced interest in using the computer or upset after being online



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 in the first instance, then 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**