EVERYBODY at our school has the right to feel safe, respected and supported. We recognise and appreciate that God made people different.

Everybody has a right to enjoy their time at school and bullying or harassment will not be accepted.

Bullying is:

- a repeated unjustifiable behaviour that may be physical, verbal and/or psychological
- intended to cause fear, distress or harm to another
- conducted by a more powerful individual or group against a less powerful individual

<table>
<thead>
<tr>
<th>TYPES OF BULLYING</th>
<th>Direct</th>
<th>Indirect</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical</td>
<td>• Hitting, slapping, punching</td>
<td>• Getting another person to harm someone</td>
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<td></td>
<td>• Kicking</td>
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<td>• Pushing, strangling</td>
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<tr>
<td></td>
<td>• Spitting, biting</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Pinching, scratching</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Throwing things</td>
<td></td>
</tr>
<tr>
<td>Non-Physical</td>
<td>• Mean &amp; hurtful name-calling</td>
<td>• Spreading nasty rumours</td>
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<tr>
<td></td>
<td>• Hurtful teasing</td>
<td>• Trying to get another student to not like someone</td>
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<td>• Demanding money or possessions</td>
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<tr>
<td></td>
<td>• Forcing another to do homework or commit offences like stealing</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Cyber-bullying</td>
<td></td>
</tr>
<tr>
<td>Non-Verbal</td>
<td>• Threatening and/or obscene gestures</td>
<td>• Deliberate exclusion from a group or activity</td>
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<td></td>
<td></td>
<td>• Removing, hiding or damaging others’ belongings</td>
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“Love one another as I have loved you”  
John 13:34
WHAT CAN I DO?

All members of our School Community including students, teachers and parents, need to follow simple steps to provide a friendly, safe environment.

If you are being bullied you can:-

- Ignore the person bullying. Show that it does not upset you
- If it does not stop: DO something; SAY something; it's okay to TELL!
- Tell the person bullying that their actions are unwanted and are against school rules.
- Go to a safe place or see a teacher.
- Share your feelings with others. Talk about it with friends, parents, a teacher or someone you think can help.
- DO NOT retaliate with physical or verbal bullying.

DON'T KEEP IT A SECRET

If you see someone being bullied you can:

- Tell the person bullying to stop
- Be a friend to the person being bullied
- Seek help

Remember "It's OK to tell – silence is the bully's greatest weapon!"

WHAT CAN A PARENT DO?

If your child is involved in bullying, he or she needs your confidence, understanding and support.

Indicators of Bullying:

- unwillingness to go to school
- becoming withdrawn and/or teary
- beginning to do poorly in schoolwork
- sleeping difficulties/nightmares
- mood swings
- refusal to say what is wrong
- complaints of headaches and stomach aches
If your child is being bullied:

- Encourage talking; it may be difficult but be patient.
- Try not to overreact, listen calmly and try to work out the facts.
- Give assurances that the situation will be changed.
- Assure your child that it happens to most people at some time. We learn to avoid it, cope with it or confront it.
- Reassure your child that it is not happening because there is something wrong with him or her.
- Identify reasons why bullying is hurtful and explain that not responding helps in stopping the unwanted behaviour.
- Report the matter to a staff member, even if you’re unsure of the extent of the bullying. The school is now alert to the possibility of a problem.
- Tell your child that physical or verbal retaliation on their part is NOT the answer.

*Always try to work through the school, but talk with your child about what you are doing and why.*

**WHAT CAN A PARENT DO?**

If your child is bullying others:

- Acknowledge and take ownership of the problem.
- Make it clear to your child that bullying because of revenge, for annoyance or fun is unacceptable.
- Help your child to understand the difference between assertive and aggressive behaviour.
- Make it clear that hurting or distressing another person unable to defend him/herself is a form of weakness and proves nothing.
- Are there home or school situations that are contributing to the bullying? The person bullying may also have been bullied.
- Explore the need for development of self-confidence and success in another area to counter poor self-esteem.
- Talk to the school about your concerns.

*Adults are models for children’s behaviour*
GUIDELINES FOR DEALING WITH BULLIES

Different situations may require different strategies and consequences.

We use the “Shared Concern Approach” to deal with incidents of bullying. Briefly this approach consists of the following:

- Individual meetings are held, with each of the students involved in the bullying situation.
  Each student is asked about the problem and suggests ways in which he or she personally could help to improve the situation.
- Note to parents from child explaining behaviour.
- Inform parents and arrange an interview if required.
- Follow-up meetings, discussions and planning give students the opportunity to change and improve their attitudes and behaviour and to put these into practice in a supportive environment.
- Principal may take any action deemed necessary at the time.

Bullying can be a complicated problem, which takes time and patience to resolve properly. Using this approach we are committed to the safety and well being of all students.

For further information:
www.bullyingnoway.com.au
www.ncab.org.au
www.kidshelp.com.au or 1800 551 800