



Government
of South Australia
Department for Education
and Child Development



Mount Barker South
Primary School
A Science Focus School

ANTI BULLYING FOR STUDENTS

**BE COOL—NOT CRUEL
YOU HAVE THE RIGHT TO BE SAFE**

“Always within REACH”

WHAT IS BULLYING & HARASSMENT?

Bullying

Bullying is abuse of power, where a person or group use behaviour to hurt, upset, scare or shame another person.

Harassment

Harassment is unwanted and unwelcome behaviour that is usually, but not always, repeated.

Bullying and harassment at school can involve students, teachers, school support staff and parents.

DISCRIMINATION

Discrimination in schools is against the law and harms relationships. Bullying and harassment can be about discrimination based on a person's:

- **Sex** - Being female or male.
- **Gender** -Acting masculine or feminine.
- **Cultural & Spiritual Identity/Race/Ethnicity** - Cultural beliefs, religion, language, heritage, clothes, food, skin colour or physical appearance.
- **Appearance** - Body shape and size, clothes and accessories.
- **Disability** - Physical, intellectual, medical or psychiatric disability.
- **Financial status** -How rich or poor.
- **Age** - How old.

BULLYING AND HARASSMENT HAPPENS IN DIFFERENT WAYS:

PHYSICAL - hitting, pushing, touching, rubbing, grabbing, taking/damaging property, spitting and using a weapon.

SEXUAL - any unwelcome written, verbal or physical contact of a sexual nature.

VERBAL & WRITTEN - spoken or written insults, threats, suggestive comments, name-calling, unfair criticism, rumour spreading.

FACE & BODY SIGNALS - looks, stares, facial expressions, hand signals.

CYBER - using emails, voice and text messages, photographic and video images, Myspace, Facebook, Instagram, Snapchat, MSN & emerging technologies.

GRAFFITI - using pictures, tags or words.

GROUP - forming groups to leave out, ignore and disrespect others.

INDIRECT - influencing or organising others to bully or harass (being a bystander).

WHERE CAN BULLYING AND HARASSMENT OCCUR?

- In the school yard or on the oval.
- In the classroom.
- On the bus.
- In the Hall.
- On the way to and from school.
- On excursions and camps.
- In the corridors.
- At the toilets.
- On the phones and computers.
- Anywhere at school.
- Anywhere at all.

DO YOU BULLY OR HARASS?

If you hurt, upset, scare or shame another person a teacher must deal with the problem.

You will be given fair opportunity to:

- Show that you are willing to take responsibility for and talk about your behaviour.
- Show that you are sorry for what you did.
- Be supported to make suggestions to help repair harm or damage.

We will offer you:

- Counselling.
- Special programs to help you stop bullying and harassment.
- A meeting with your parents /caregivers.

If you continue to bully and harass, you will face more serious consequences, according to our school's Code of Behaviour.

WHAT TO DO IF YOU ARE BEING BULLIED?

- If you are being bullied in the yard tell a yard duty teacher first. If you are not heard, persist until you are.
- If you are being bullied in the classroom tell your class teacher first.
- Make an appointment to see the Counsellor or Principal for help. If you need support take a friend.
- Tell your parent or caregiver, and ask them to contact the staff at the school.



KIDS HELP LINE FREE CALL: 1800 55 1800

www.kidshelpline.com.au

24 Hour Telephone and Online Counselling For Young People

Respect ~ Excellence ~ Acceptance ~ Co-operation ~ Honesty

Princes Road, Mount Barker SA 5251 ~ T: 8391 1197 ~ F: 8391 0912
www.mtbsouthps.sa.edu.au ~ dl.1539.info@schools.sa.edu.au

DON'T WATCH BULLYING HAPPEN! DON'T BE A BULLYING BYSTANDER

A bystander is an onlooker or spectator to bullying and harassment. Be part of the solution not part of the problem.

- Let the person doing the bullying know that what they are doing is wrong.
- If you watch silently, laugh, clap, encourage or film you are helping the bully.
- Help the situation by taking away the audience - WALK AWAY!
- Use assertive body language and say "Stop it. Leave them alone!"
- Encourage the person who is being bullied to get away from the situation and seek help from an adult.
- If you know someone is being bullied it is your responsibility to tell a teacher, Counsellor or Principal.

WHAT DOES THE SCHOOL DO ABOUT BULLYING?

At Mount Barker South Primary School we do a lot of things to address bullying and repair relationships.

Teachers will teach you how to:

- Handle bullying and what to do about it.
- Be confident and to cooperate and get along with others.
- Bounce back and be resilient.
- Listen to and support the person who has been bullied.
- Keep yourself safe.

The school will:

- Work with the student who has bullied and get them to think about the consequences of their actions.
- Give consequences to students who bully others. These consequences may include Time Out or Restricted Play, Take Home or Suspension.
- Develop a student action plan with the bully.
- Talk with parents of students who bully.