



# ANTI BULLYING FOR STUDENTS

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

### 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](http://www.kidshelpline.com.au)

24 Hour Telephone and Online Counselling For Young People

## 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.