



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.

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 or appearance related taunting.

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

CYBER - using emails, voice and text messages, photographic and video images, Facebook, Instagram, Snapchat, Tik Tok, 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).

DISCRIMINATION

Discrimination in schools is against the law and harms relationships. Bullying and harassment can be about discrimination on the basis of, but not limited to:

- **Culture**
- **Race**
- **Ethnicity**
- **Disability**
- **Socioeconomic status**
- **Trauma**
- **Gender and sexual diversity**
- **Sexual orientation**
- **Intersex status**
- **Gender expression**
- **Gender identity**

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 Wellbeing Coordinator 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.

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, leadership or Principal.

KIDS HELP LINE FREE CALL: 1800 55 1800

www.kidshelpline.com.au

24 Hour Telephone and Online Counselling For Young People

WHAT DOES THE SCHOOL DO ABOUT BULLYING?

Mount Barker South Primary School uses a Positive Behaviour Support approach. This is a three tiered system of support.

TIER 1

We will use consistent expectations across the whole site with all students.

Expectations are taught in every space and are shown visually.

Zones of Regulations will be taught and used in all spaces. This helps students to identify their own psychologically and emotional reactions and provides them with supports and strategies for self-regulation.

De-escalations will be offered for all students when they are in a heightened state.

Students will check in after every break with their teacher to communicate any concerns/issues. This enables the teacher to provide any necessary supports in a timely manner.

TIER 2

Supervised recess and lunch activities are available every day to support students with social engagement.

Tier 2 activities can be compulsory for students when necessary as it enables us to provide targeted interventions and/or separated yard play.

Students may be required to work with the leadership team in the office for a period of time.

A leadership team member will meet with any student who has bullied others to identify the cause of their actions, the impact of their actions and to develop a behaviour support plan to enable the student to move forward positively. This information is then shared with parents.

A leadership team member will meet with any student who has been bullied to gather information and to provide any supports and structures that may be needed in order to make the student feel safe in the school environment. They will discuss strategies to increase their wellbeing and a wellbeing plan will be created if necessary. This information is then shared with parents.

When appropriate a leadership team member or the class teacher will facilitate a restorative meeting between all parties.

TIER 3

If the bullying is ongoing the leadership team will contact Support Services and the family of the student who is bullying others to create a Team around the Child support plan.

Other supports may include: alternative timetables, working in the office, take homes and suspensions.

