



ANTI BULLYING FOR FAMILIES POLICY

EVERYONE HAS THE RIGHT TO BE SAFE

WHAT IS BULLYING AND 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, parents and community.

BULLYING AND HARASSMENT HAPPENS IN DIFFERENT WAYS:

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

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

VERBAL AND WRITTEN – spoken or written insults, threats, suggestive comments, name calling, unfair criticism, rumour spreading, appearance related taunting.

FACE AND 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 and emerging technologies.

GRAFFITI – using pictures, tags or words,

GROUP – forming groups to leave out, ignore and disrespect.

INDIRECT – influencing or organising someone else to bully or harass.

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**

WHAT DOES THE SCHOOL DO TO REDUCE BULLYING?

- If an incident of bullying/harassment happens at Mount Barker South Primary School, we use a range of preventative interventions and strategies that align with our Positive Behaviour Support (PBS) focus.
- Teaching PBS expectations throughout the year with visual reminders being placed around the school in key locations.
- Teaching students what bullying is and what to do and how to seek help if they think they are being bullied.
- Teaching students about conflict resolution, problem solving and resilience using social skills programs that are specific aligned to their age range.
- Teaching the Zones of Regulation in all classes so that students learn strategies for self-regulation.
- Checking in with the Zones of Regulation after all breaks so that students can quietly and discreetly inform a teacher if they are feeling unhappy about a situation.
- Having supervised tier 2 activities for students to engage in every recess and lunch time.
- SSOs and a Pastoral Care Worker support students on a daily basis to engage in both Social Skills programs and curriculum work.

WE FOLLOW UP INCIDENTS OF BULLYING BY:

- Meeting with students who have been bullied to ensure their voice is heard and that they feel safe in all areas of the school.
- Meeting with students who have bullied others to ensure that natural consequences are put in place following the PBS guidelines.
- Communicating with parents/caregivers about the situation in a timely manner.
- Communicating with staff about the situation in a timely manner.

WHAT CAN I DO IF MY CHILD IS BEING BULLIED?

- Children who are being bullied at school may not always tell teachers about it. They may be afraid to tell, thinking that it may make the situation worst.
- This is why as a Parent or Caregiver you have an important part to play in helping your child and the school deal with bullying.

SIGNS THAT A CHILD MAY BE BEING BULLIED MIGHT INCLUDE:

- Refusal to go to school and finding excuses not to go (e.g. pretending to be sick)
- Unexplained cuts, bruises or scratches.
- Illness without any possible cause.
- Unexplained change of mood, tension or emotional distress (crying, acting out, periods of sadness).
- Damaged or missing clothing/possessions
- Bed wetting and or interrupted sleep patterns.
- Change In regular behaviour.

WHAT SHOULD I DO IF I SUSPECT MY CHILD IS BEING BULLIED?

- You may feel anxious or upset if your child tells you that they have been bullied. However, it is important that you remain calm.
- Listen to your child.
- Find out what happened from your child who else was involved (including bystanders / witnesses), and when and where did the bullying / harassment was the right thing to do.
- Parents or caregivers must not approach other students/ parents.
- Encourage your child to talk to a staff member.
- Talk to the school staff and let them work through the issue with you and your child.

INFORMING THE SCHOOL COMPLAINT PROCEDURE

- We believe that it is important that complains are kept confidential.
- Talking with the school staff about your concern is an important step in solving it.
- Tell the school staff s soon as possible so we can work together to solve the problem.
- Parents and caregivers can address their complaints at the school by :

Step 1

Making an appointment to see the classroom teacher to discuss the concern

Step 2

Making an appointment to see the Wellbeing Coordinator or Principal if you feel as though your concern has not been resolved

Step 3

Contacting the Education Director to successfully resolve the matter – Phone number: 8391 4705

MOUNT BARKER EDUCATION OFFICE

Children and young people are at the centre of everything we do.

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