

KARRENDI PRIMARY SCHOOL

ANTI-BULLYING POLICY

RATIONALE

At Karrendi Primary all members of the school community are entitled to a safe, secure and caring environment. It is EVERYONE'S responsibility to ensure this happens. Bullying and harassment are issues which are treated very seriously as they can adversely affect a person's ability to work and learn, therefore we work hard to find solutions to stop bullying. Evidence suggests that the development of resilience and positive self-esteem can help protect people from the harmful effects of bullying, as well as help them build positive peer relationships.

BULLYING IS

- Behaviours (usually repeated over time) that are intended to intimidate, humiliate, embarrass or hurt another person or group.
- Against a less powerful individual who is unable to effectively resist.

TYPES OF BULLYING

Physical: examples include-

Hitting, punching, slapping, kicking
Pushing, strangling
Pinching, scratching
Throwing things at someone
Getting another person to harm someone

Verbal: examples include-

Mean and hurtful name calling
Threatening
Racial harassment
Demanding money or possessions
Spreading rumours
Trying to get another student not to like someone
Offensive notes

Non-verbal: examples include-

Threatening and/or rude gestures
Deliberate exclusion from a group or activity
Removing and hiding and/or damaging others' belongings

Sexual Harassment: examples include-

Inappropriate touching
Touching someone when they don't want to be touched
Not respecting personal space
Teasing about boyfriend/girlfriend
Unacceptable sexual comments/actions

Cyber Bullying: examples include-

Messages sent on mobile phones or through the internet

WHAT YOU CAN DO ABOUT BULLYING

If you are bullied or know someone who is being bullied, and other positive strategies have not been successful, please report it.

WHO TO REPORT IT TO

Tell your teacher or another adult.
Tell your parents or caregivers too.

HOW TO REPORT IT

Tell the trusted adult where the bullying happened, how often it has happened and what you have done to try and stop it.

WHEN TO REPORT IT

Report it in the early stages. Do not leave it too long. Bullying is damaging

WHAT DO WE DO ABOUT INCIDENTS OF BULLYING?

- We will listen and talk to the person who has been bullied and the person who has bullied others.
- We will actively work to even the balance, to repair and prevent the repetition of bullying and harassment by using Restorative Practices.
- We will put negotiated consequences in place if this is required. Consequences will allow for flexibility depending on the nature, severity and extent of the bullying. Consequences may include time out, suspension or exclusion

Staff may also:

- Support students to deal with conflict.
- Counsel students who have been bullied.
- Talk with parents and caregivers about the situation.
- Set up processes to monitor the situation.

Bullying and harassment are issues which are treated very seriously.

We deal with unacceptable behaviour and work hard to find solutions to stop the bullying.

WHAT DO WE DO TO REDUCE BULLYING?

Strategies include:

- Using the curriculum to teach about respectful relationships, civics and citizenship.
- Teaching for and about diversity.
- Teaching students about violence prevention, conflict resolution, anger management and problem solving.
- Developing programs to help students participate and have a say in their learning.
- Teaching students about the role of bystanders, the expectations and responsibilities.
- Monitoring situations between students to ensure their safety and wellbeing are maintained.
- Using restorative practices to maintain relationships..
- Fostering positive relationships amongst all members of the school community.
- Working in partnership with outside agencies to provide supplementary programs for targeted students.

IF YOUR CHILD IS BEING BULLIED

- Listen calmly to your child.
- Discourage any planned retaliation, either physical or verbal.
- Encourage positive strategies such as
 - Using a strong, confident voice
 - Staying away from the place where the bullying is occurring.
 - Don't react; just walk away with your head high.
 - Don't show that you are scared, even though you might be.
 - Tell the bully "Leave me alone" and walk away confidently.
- Let your child know that telling about the bullying or harassment is the right thing to do.
- If necessary, assist your child in discussing the problem with a teacher.

BULLYING BEHAVIOUR

Deliberately and repeatedly name-calling, making sexist or racist remarks, spreading rumours, texting abusive messages, threatening someone or excluding someone from games and groups are all examples of bullying or harassment.

Not all distressing or hurtful behaviour is bullying. For example:

a single incident of malicious or aggressive behaviour

Bullying and harassment are repeated actions. A single incident may still be responded to as part of the school's behaviour management processes as unacceptable behaviour.

Cyber-bullying can occur from a single act when the message or picture is sent to more than one person. For example, a bully may only press 'send' once, but the choice to send the message to multiple addresses, makes the action more than a single incident.

dislike

Although social rejection can be hurtful, it is not bullying unless accompanied by repeated and deliberate attempts to distress or hurt.

conflict

Arguments can be distressing but it is not bullying when two people are both upset and neither one is misusing power over the other. Conflict may still give rise to unacceptable behaviour which will be responded to as part of the school's behaviour management processes.

Who To Contact

The Class Teacher,
the School Counsellor or Principal.
KARRENDI 8258 3612

Valuable Resources

www.bullyingnoway.com.au
DECS Parent Help Line: 1800 222 696
Kids Help Line: 1800 551 800
Child and Youth Health Parent Help Line:
1300 364 100