

**WHAT IS BULLYING?** - Bullying is when someone (or a group of people) with **more power** than you **repeatedly** and **intentionally** uses negative words and / or actions against you, which causes you distress and **harms your wellbeing**.

#### 1. PHYSICAL BULLYING

- Deliberately bumping, pulling, shoving, hitting, scratching or tripping someone again and again.
- Repeatedly touching someone who doesn't want to be touched.

#### 2. VERBAL BULLYING

- Calling people names.
- Spreading rumours or making things up about people.
- Teasing someone in a mean and hurtful way.

#### 3. THREATENING

- Making someone feel afraid that they are going to be hurt .

#### 4. PROPERTY ABUSE

- Damaging someone's belongings.
- Taking things away from someone including their money.

#### 5. EMOTIONAL BULLYING

- Ignoring someone or keeping them out of group conversations.
- Making fun of someone's appearance.
- Spreading lies, rumours or stories about someone.
- Trying to get other students to dislike or harm someone.

#### 6. RACIST BULLYING

- Making racial comments about someone and their family.
- Rude gestures or jokes about someone's religion.
- Using technology (e.g. email, mobile phones, chat rooms, social networking sites) to bully.

#### 7. CYBER BULLYING

- Using technology (e.g. email, mobile phones, chat rooms, social networking sites) to bully.

**If your child reports being bullied, treat the concern seriously and talk about it. As parents you are the most influential models for your child.**

**Things you can do if your child is being bullied:**

1. **TALK** - Start a conversation about being bullied. Don't make it intense or you might deter them from talking to you.
2. **LISTEN** - Hear the whole story without interrupting. Ask what they want to happen **before** you make any suggestions.
3. **EXPLAIN** - It's normal to feel hurt. It's **never** OK to be bullied, and it's **NOT** their fault.
4. **FIND OUT WHAT IS HAPPENING** - Ask what, when and where the behaviours occurred, who was involved, how often and if anybody else saw it. Find out if any teachers know and if the school's done something to address the situation.
5. **CONTACT THE SCHOOL** - Make an appointment to speak to your child's teacher or a member of the Administration Team. Make a follow-up appointment in a week or two to make sure the situation is being addressed. Take your child.
6. **GIVE SENSIBLE ADVICE** - **Don't** advise your child to fight back. **Don't** explain that the child doing the bullying did not mean it - they did. **Don't** tell them it will go away -it probably won't. **Don't** let your child stay away from school - it won't solve the problem.
7. **HELP YOUR CHILD WORK OUT SOME THINGS TO DO** - Look at the 'Top tips for kids' and help your child practice some useful strategies.



### TOP TIPS FOR KIDS

You always have the right to feel safe at school. It is never your fault if bullying happens to you. Asking for help is always okay.

**If you're being bullied . . .**

- Tell the person to stop.
- Be firm and clear.
- Use neutral language to respond to the bullying, 'maybe' or 'that's what you think'.
- Walk away.
- Try to act unimpressed.
- Stay calm and try not to act upset or angry. This is probably what the person bullying wants you to do.
- Don't fight back. If you fight back you could make the situation worse; get hurt, or be blamed for starting the trouble.
- Get away from the situation as quickly as possible, and **tell someone what has happened straight away.**

**But if it's been going on for a while and these don't work . . .**

- Talk to your friends or another student you trust and ask for support.
- Talk to your parents or another adult you trust.
- Talk to a teacher, a deputy or principal.

**If you see someone else being bullied . . .**

- Tell the person acting like a bully to stop.
- Talk to a teacher.
- Don't watch or join in.
- Try to comfort the person who's been targeted to explain that it's nothing to do with them, it's about the other person's behaviour.

**If you are cyber bullied . . .**

- Don't respond to the message or image.
- Save the evidence.
- Tell mum, dad or trusted people—friends, adults, teachers, and police if necessary.
- Block and delete the sender.
- Report the situation to the website or Internet Service Provider.

## STRATEGIES WE USE TO DEAL WITH BULLYING:

The South Lake Primary Health & Wellbeing Education Program will target anti bullying strategies by:

- Ensuring that students know about the school's Behaviour Management and anti Bullying Procedures;
- Openly talk about bullying - what it is, how it affects us and what we can do about it;
- Teach students the skills which will build self esteem and empower them to take responsibility for themselves;
- Give students the opportunity to practice these skills; and
- Implement SLPS Positive Behaviour Schools (PBS) matrix.

### **Responsibilities of staff:**

- To deal with all reported and observed incidences of bullying; and
- To report incidences of bullying to parents, administration, other staff as necessary.

### **Responsibilities of Students:**

- To not bully others;
- To tell an adult if they are being bullied;
- To use suggested strategies if they are bullied;
- To tell an adult if they see someone else being bullied; and
- To help someone who is being bullied.

### **Responsibilities of Parents**

- To watch for signs that their child may be being bullied;
- To instruct their child(ren) to tell an adult if they are being bullied;
- To ensure their child(ren) knows and practices strategies outlined in the South Lake Primary School's Bullying Flyer to help them if they are bullied; and
- To speak to the class teacher or administration staff if their child is being bullied, or they suspect it is happening.

## Who can help?

- The Alannah and Madeline Foundation  
[amf.org.au](http://amf.org.au)
- National Centre Against Bullying  
[ncab.org.au](http://ncab.org.au)
- Kids' Helpline  
[kidshelp.com.au](http://kidshelp.com.au)
- Cybersafety Help  
[cybersmart.gov.au/report.aspx](http://cybersmart.gov.au/report.aspx)
- Australian Federal Police  
[afp.gov.au](http://afp.gov.au)  
Report e-crimes or online behaviour that involves sexual exploitation of a child .
- Bullying. No way!  
[Bullyingnoway.com.au](http://Bullyingnoway.com.au)
- Reach Out  
[au.reachout.com](http://au.reachout.com)
- Beyondblue  
[beyondblue.com.au](http://beyondblue.com.au)



South Lake Primary School  
62 Mason Court  
SOUTH LAKE 6164

Phone: 9395 3400



# BULLY FREE ZONE



At South Lake Primary School we believe that the environment for students, staff and parents should be safe and free from violence, victimisation, harassment and bullying of any kind. We are all responsible for respecting others.

### **Remember...**

Bullying is everyone's responsibility.  
Bullying hurts. If it happens to you,  
tell someone.