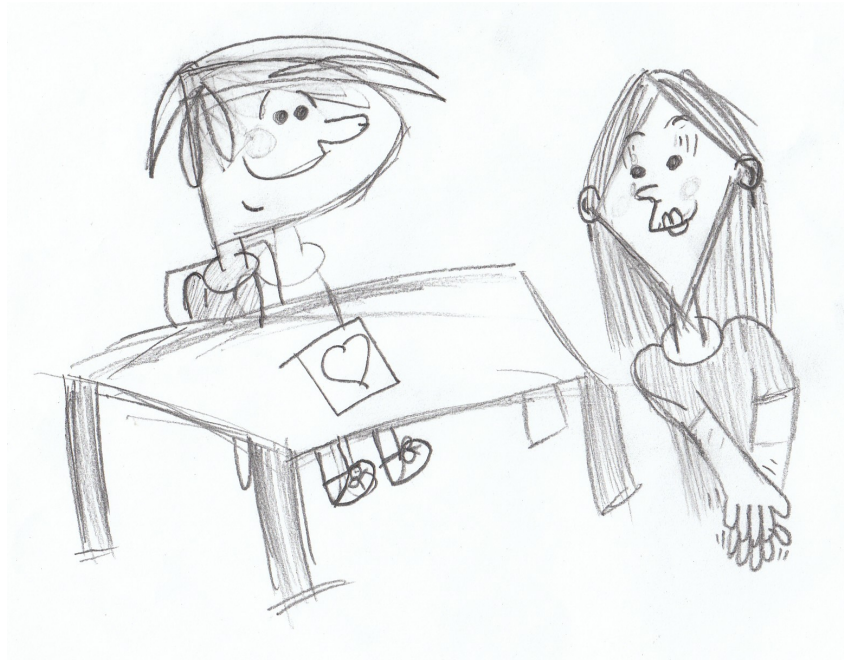


# Warooka SBP - 7 School



## Bullying Statement

At Warooka Schools, all members of the school community are entitled to a safe, secure and caring environment.



## Rights and Responsibilities

At Warooka, everyone has the right to feel safe, respected and valued.

We believe that every member of the school community has a responsibility to ensure that this happens.

- ◆ Each person needs to LEARN to ACT and THINK responsibly about the effects that their actions might have on others.
- ◆ Each person needs to LEARN to ACCEPT that we are not all the same and to VALUE these differences.
- ◆ Each person needs to RESPECT and CARE for themselves and others.

## School Objectives

To help people understand the difference between aggressive and assertive behaviour.

To support and empower people who are bullied to deal successfully with bullying.

To help people with bullying behaviours to recognise how their behaviour affects others and to support them to change their behaviour choices.

## What is bullying?

Bullying is when a person repeatedly does or says something for the purpose of hurting or threatening someone through the misuse of power.

This persistent unwelcome behaviour makes you feel uncomfortable, hurt, scared, embarrassed & isolated.

## Types of bullying

- ◆ Verbal Harassment such as name calling, put-downs, taunting, teasing and spreading gossip or rumours.
- ◆ Written Harassment such as writing and sending nasty notes.
- ◆ Excluding people by deliberately leaving someone out of an activity or ignoring and avoiding someone.
- ◆ Interfering with personal property such as hiding someone's hat, pencil case or bag.
- ◆ Sexual Harassment such as offensive remarks about sexuality or making comments about a person's body.
- ◆ Racial Harassment such as degrading remarks about a person's skin colour or culture.
- ◆ Extortion by demanding money, food or favours.
- ◆ Physical Harassment towards others such as hitting, punching, kicking or throwing objects, including threats of physical harm and intimidation.
- ◆ Cyber bullying such as sending offensive texts, emails, video or comments via the Internet, mobile phone etc.



## Possible Indicators of Bullying

**Some signs that a person is being bullied may be:**

- ◆ Becoming withdrawn.
- ◆ Avoiding working in a particular group or sitting next to a particular person.
- ◆ Mood swings.
- ◆ Beginning to do poorly in schoolwork.
- ◆ Unwilling to go to school.
- ◆ Withdrawn from social activities with peers.
- ◆ Coming home regularly with damaged clothes or possessions.
- ◆ Having unexplained scratches or bruises.
- ◆ Teary or anxious.
- ◆ Having vague headaches or stomach aches.
- ◆ Having nightmares.

### **Strategies for dealing with bullying could include:**

- ◆ Ignoring the person bullying. Show them that it does not upset you. TELL YOURSELF that it is not your fault, and that it is the person who is bullying who needs to change - NOT YOU.
- ◆ Telling the person bullying in an assertive manner that their actions are unwanted.
- ◆ Going to a safe place. DO NOT retaliate with physical or verbal bullying.
- ◆ Speaking to a staff member/adult you trust and giving them full details of the events.
- ◆ Persisting until the problem is resolved. Share your feelings and confide in someone who you think can help.

### **As a Bystander, if you see someone being bullied you can:**

- ◆ Tell the person bullying to stop.
- ◆ Be a friend to the person being bullied.
- ◆ Remove yourself from where the bullying is happening.
- ◆ Seek help.



### **If your child is involved in bullying, he or she needs your confidence, understanding and support.**

#### **If your child is being bullied:**

- ◆ Encourage talking; it may be difficult but be patient. Let your child know it is okay to tell.
- ◆ Try not to overreact, listen calmly and try to work out the facts.
- ◆ Assure your child that it happens to most people at some time. That we all need to learn to respond to it, confront it and cope with it.
- ◆ Contact the school and work together to resolve the problem.
- ◆ Explain to your child that physical or verbal retaliation is NOT the answer.

#### **If your child is bullying others:**

- ◆ Make it clear that bullying because of revenge, for annoyance or fun is unacceptable.
- ◆ Help your child to understand the difference between assertive and aggressive behaviour.
- ◆ Make it clear that hurting or distressing another person unable to defend him or herself, is a form of weakness on the bully's part.
- ◆ Explore the possibility that the child is seeking attention and love. Are there home, community or school situations that are contributing to the bullying? Sensitive discussions may indicate that the person bullying may also be being bullied.
- ◆ Explore the need for development of self-confidence. Acknowledge successes in other areas to counter this poor self-esteem.
- ◆ Talk with your child's teacher and share ideas and experiences.

## School Support

- ◆ Promote positive and responsible behaviour.
- ◆ Explicitly teach social skills programs, which include problem solving and bullying prevention components.
- ◆ LISTEN and offer immediate support.
- ◆ Arrange a meeting with everyone concerned. Steps may include:

1) Explain the process, the role of the teacher and the need for confidentiality:

- ⇒ We're here to solve a problem
- ⇒ No blaming
- ⇒ No excuses
- ⇒ No interrupting



2) Everybody listens:

- ⇒ Each person, in turn, tells what has happened to them;
- ⇒ Just the facts;
- ⇒ Listen to others while they tell their story;
- ⇒ Repeat what has been said;
- ⇒ Each person tells how they felt.

3) Resolving the conflict:

- ⇒ Each person states what they need if the problem causing the conflict is to be solved;
- ⇒ The mediator helps both sides to work out strategies and to reach an agreement.

4) Document and report the incident to the principal.

### Follow-up

The teacher observes and discusses with all concerned how things are going and helps to alter strategies, if necessary.

### If it continues

Continued incidents will result in a referral to the school principal for the possible application of further consequences. Parents will be informed.

## Need more information?

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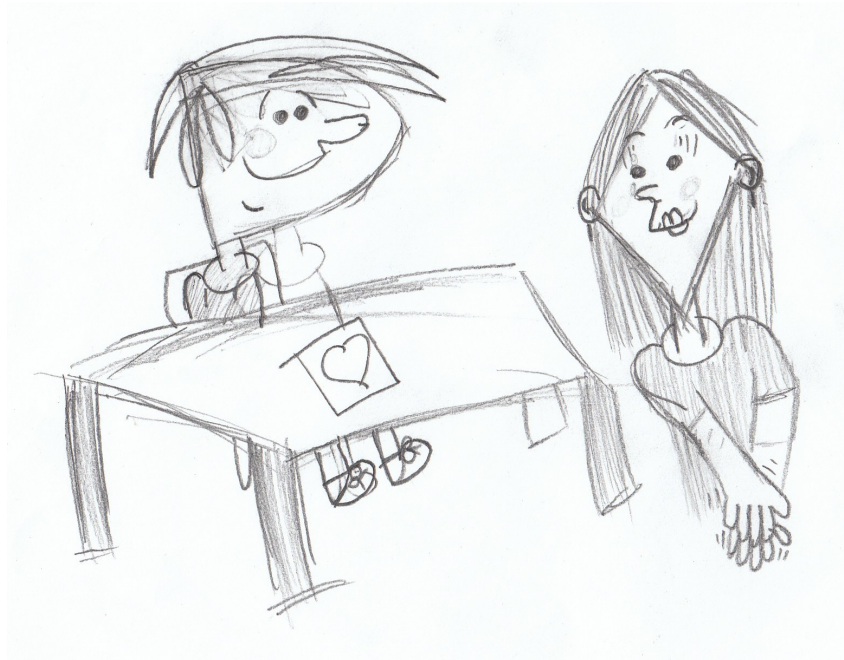
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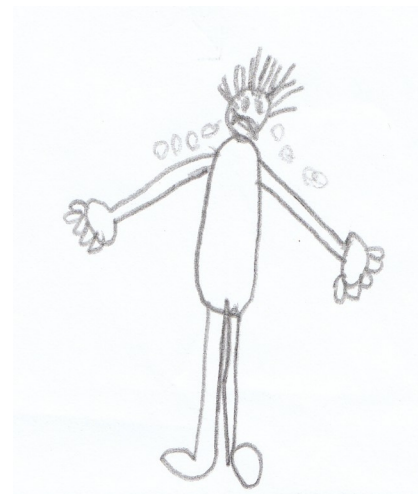
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