

## What is Bullying?

Bullying is an ongoing pattern of repeated behaviour by one person towards another which is designed to hurt, injure, embarrass, upset or discomfort that person.

**Bullying is when these things happen again and again to someone:**

### Exclusion

Being ignored, left out on purpose, or not being included.



### Physical

Being hit, kicked, punched or pushed around. When belongings are removed, damaged or hidden.



### Lies or Rumours

Lies or nasty stories are told about them to make other kids avoid them.



### Threats

Being made afraid of getting hurt. When someone demands your money or possessions. Being forced to do something wrong.



### Verbal Abuse and Teasing

Being made fun of and teased in a mean and hurtful way.



## What if it happens to me?

- Don't put up with it! Tell them to stop.
- Tell someone you trust. This is not "dobbing".
- Don't react. Just walk away with your head held up high.
- Use a strong, confident voice. Be assertive — don't be "put down".
- Avoid the person who is harassing you.
- Stay away from places where you might be bullied.
- Don't show you are scared even if you might be.
- Don't try to swap insults.
- Remember, you are not alone.
- Tell the bully, "Leave me alone!" and walk confidently away.

## What if it happens to someone else?

If you see another person being bullied you could....

- Let the person doing the bullying know that what they are doing is bullying.
  - Refuse to join in with their bullying and walk away.
  - Support the person who is being bullied.
  - Ask a teacher or support person for help.
  - Support your friends and protect them from bullying by being there for them.
- We all need to work together if we are going to stop bullying behaviour in our school



Chloe Oreo, Year 4



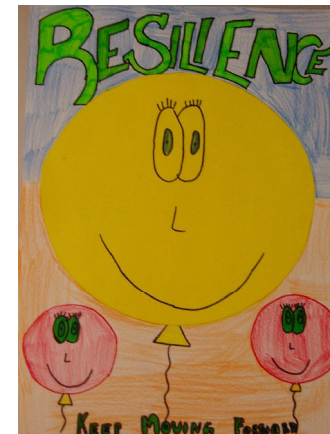
Diana Dalgety, Year 6

## What will the school do?

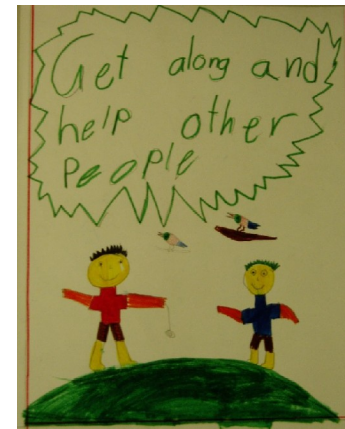
If bullying occurs staff will:

- Listen and respond with empathy.
- Hear both parties explain the situation.
- Have both parties provide ideas on improving the situation.
- Record incidents of bullying using behaviour slips.
- Ensure there is follow up with the students involved.
- Inform Admin of the incident.
- Contact parents of the child being bullied and the child who is bullying.

## You Can Do It!



Paige MacDonald, Year 7



Bradley Hodge, Year 2

## What can parents do?

Try not to over-react. Listen calmly and try to work out the facts.

- Be aware of the signs of distress in your child. For example, unwillingness to attend school, a pattern of illness, missing equipment, requests for extra money, damaged equipment or clothing.
- Take an active interest in your child's social life and acquaintances.
- If your child is being bullied, discourage any planned retaliation, either physical or verbal, by discussing the positive strategies you can use.
- Assist your child to discuss any incidents of bullying with a teacher. If possible allow your child to report and deal with the situation. Your child can gain respect and confidence through taking the initiative and dealing with the problem without parental involvement.
- Remember not to deal directly with the other children or their parents but work through and with the school.
- Be willing to attend interviews if your child is involved in an incident of bullying even if your child is not directly involved or affected
- Be positive about your child's qualities and encourage your child to be tolerant and caring.
- Discuss the school's expectations about behaviour and how best to deal with bullying.

## What if my child is bullying others?

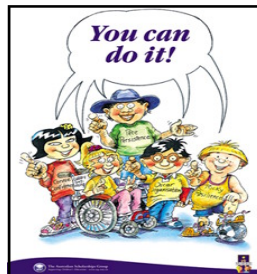
All children are capable of bullying others. It is normal for parents to feel shocked, embarrassed and even doubtful if they find that their child has been bullying others.

To help discourage children from bullying others, parents can:

- Talk about bullying behaviour with them and discuss why they may want to bully someone.
- Suggest other more positive actions than bullying.
- Help your child to be aware of the effects of bullying others.
- Be alert and discourage bullying behaviour at home.
- Encourage and provide opportunities for children to openly discuss any issues or concerns with you.
- Teach your children what is appropriate behaviour and how you expect them to treat others.

## Who can parents talk to about bullying at our school?

Your child's classroom teacher  
Principal and Deputy Principals  
Other staff members



Our school promotes the  
You Can Do It!  
Program Achieve

Website: [www.youcandoit.com.au](http://www.youcandoit.com.au)



North Tom Price  
Primary

## POLICY ON BULLYING

### "You Can Do It"

**At North Tom Price  
Primary we believe that  
every person has the  
right to feel safe and  
secure in the school  
environment.**



Isabella Raudino,  
Year 1