

Naracoorte Primary School Anti-Bullying Policy



Updated March 2012

Our Intent:

We are committed to providing a caring, friendly and safe environment for all of our students so they can learn in a relaxed and secure atmosphere.

Bullying of any kind is unacceptable at our school.

If bullying does occur, all students should be able to report it and know that incidents will be dealt with promptly and effectively. Anyone who knows that bullying is happening is **expected** to report it to the staff.

Bullying will not be tolerated at our school.

What Is Bullying?

Bullying is the **deliberate, repeated**, psychological, emotional and/or physical **harassment** of one student by another (or a group).

Bullying can be:

- **Emotional** - being unfriendly, excluding, tormenting (e.g. hiding books, threatening gestures), intimidation.
- **Physical** - pushing, kicking, hitting, punching or any use of violence.
- **Racial** - racial taunts, graffiti, gestures, comments, names.
- **Sexual** - unwanted physical contact, sexual gestures, sexually abusive comments or focusing on the issue of sexuality, sending sexual images via phone or internet.
- **Verbal** - name-calling, sarcasm, spreading rumours, teasing, abusive or threatening phone calls
- **Cyber** - any bullying done through the use of technology, including abuse using email, instant messaging, text messaging, websites, social networking sites, etc.

Why is it Important to Respond to Bullying?

Bullying hurts. No one deserves to be a victim of bullying. Everybody has the right to be treated with respect. Bullying can cause loneliness, depression, anxiety, poor academic achievement, lead to low self-esteem and increased susceptibility to illness. Students who are bullying need to learn appropriate ways of behaving. Students who bully have a higher likelihood of depression, aggression and incarceration as adults.

Schools are expected to respond promptly and effectively to issues of bullying.

Signs and Symptoms

A child may indicate by signs or behaviour that he or she is being bullied. Adults should be aware of these possible signs and that they should investigate if a child:

- | | | |
|--|---------------------------------------|--|
| • Is frightened of walking to or from school | • Cries him/herself to sleep at night | • Becomes aggressive, disruptive or unreasonable |
| • Doesn't want to go on the school bus | • has nightmares | • Is bullying other children or siblings |
| • Is unwilling to go to school | • Feels ill in the morning | |
| • Becomes withdrawn, anxious, or lacking in confidence | • Begins to do poorly in school work | <i>These signs could indicate other problems, but bullying should be considered a possibility and should be investigated</i> |
| • Attempts to run away | • Has possessions go "missing" | |
| | • Asks for money or steal money | |
| | • Has unexplained cuts or bruises | |

What to do if your child is being bullied:

If your child is being bullied, please **REPORT** it. Provide as much detail as possible about each of the incidents.

Written details of bullying incidents should include: *when, where, what happened, who was involved (including bystanders) and any action your child may have taken to stop it.*

This will ensure the school can respond *immediately, accurately* and *effectively*.

Please do not approach any children involved or their parents.

Who to report to

Tell any staff member you feel comfortable talking to. This could be the class-teacher, an SSO, the counsellor, the CPSW (Chaplain), the principal or deputy.

How to report

1. Arrange a meeting for you and your child with an appropriate staff member (teacher, principal, deputy, counsellor).
2. Bring to the meeting the facts in writing.
3. Work with your child and school staff on a plan to keep your child safe, including strategies to avoid being bullied and responses to future bullying.

Advice for Parents:

- ❖ If you are worried that your child is being bullied, ask him/her directly.
- ❖ Avoid blaming your child for the bullying.
- ❖ Don't tell your child to fight back.
- ❖ Give your child a chance to vent his/her feelings about being bullied.
- ❖ Access the school for resources about bullying.
- ❖ Follow up with the school what action has been taken to stop the bullying.
- ❖ Be a role model for your child – treat people with tolerance, kindness and respect. Be assertive rather than aggressive. Speak kindly of yourself and others.
- ❖ Contact the school counsellor for more parent help and advice.

What the school will do when bullying is reported:

- In all cases of bullying, staff will record the incidents.
- The role of bystanders in bullying situations will be acknowledged and recorded details will include who was a bystander.
- Where appropriate, parents will be informed and asked to meet with the counsellor
- The bullying behaviour or threats of bullying will be investigated and the bullying stopped quickly. Responses may take the form of counselling, support groups or adult mediation.
- All responses will maintain a "Restorative Justice" focus (giving the person using bullying behaviours the opportunity to repair damage done).

If the bullying behaviour continues, the following sanctions may be imposed

- **Removal from the group (in class)**
- **Withdrawal of recess and lunchtime privileges**
- **Withholding participation in any school trips or sports events that are not an essential part of the curriculum**
- **A fixed period of Internal Suspension**
- **A fixed period of exclusion**

- Students using bullying behaviours may undergo counselling in order to make changes to their behaviour. Parents may be asked to attend some or all of these sessions in consultation with the counsellor &/or teacher.
- After the incident / incidents have been investigated and dealt with, each case will be monitored to ensure repeated bullying does not take place.

If the bullying continues, TELL someone IMMEDIATELY.

Things the school does to reduce bullying:

- Positive **role modelling** by staff and student leaders.
- Encouraging students to be **accepting** & **tolerant** of differences - studying different cultures, countries & beliefs.
- Acknowledging **every student has strengths**.
- Encouraging students to take **responsibility** for the **choices** they make and to look for ways of **repairing** damage done when an error in judgement is made.
- Teach **internet safety** skills and knowledge.

- Teach the CPC (**Child Protection Curriculum**), including **Assertiveness training** and *asking for help*.
- Teaching **social skills, problem solving** and **conflict resolution skills** and encouraging **teamwork**.
- Access to a **counsellor & CPSW** for students to talk to.
- Writing stories or poems, drawing pictures about **bullying** and promoting **slogans** to discourage bullying.
- Reading stories, making role-plays and puppet plays about **bullying**.

- Having **discussions** about bullying and practising a range of **responses** to bullying.
- Regular **surveys** of student safety at school.
- Provision of **sports equipment** and plenty of **places to go** during recess and lunch.
- Provision of **quality supervision** in the yard by staff and SSOs.
- Implementation of the **Stop, Think, Do** or **other social or behavioural programs** in appropriate classes.
- Keep **regular contact** with parents.