

COUNTERING BULLYING POLICY

Student Information

WHAT IS BULLYING?

Bullying is when the following things happen over and over to someone and it is hard for the student being bullied to stop these things from happening.

Bullying can include the following:



Exclusion:

Being ignored, left out on purpose, or not allowed to join in.



Physical Behaviours:

Being hit, kicked or pushed around.

Lies or Rumours:

Lies or nasty stories are told about someone to persuade other children to dislike them or to get them into trouble.



Verbal Abuse and Teasing:

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



Cyber Bullying:

Being bullied by SMS on mobile phones or through the internet using email or social media.

Threats:

Being made to feel afraid of getting hurt or being forced to do something they don't want to do.



WHAT TO DO IF YOU ARE BEING BULLIED

- ❑ If you are being bullied in the yard – tell a yard duty teacher.
- ❑ If you are being bullied in the classroom – tell your class teacher.
- ❑ Make an appointment to see the School Counsellor and discuss the problem with them in private. If you need, take a friend with you to support you.
- ❑ Tell your parent or caregiver, and ask them to contact staff at the school.

BULLYING. NO WAY!

BULLYING CAN BE STOPPED!

Don't Watch Bullying Happen!

Don't be a "Bullying Bystander"



Let the person doing the bullying know that what they are doing is wrong.



Use assertive body language and say, "Stop it. Leave them alone!"



If you watch silently or laugh, you are helping the bully.



WALK AWAY!



If you see or know someone is being bullied, it is your responsibility to tell a teacher or the School Counsellor immediately.



WHAT DOES THE SCHOOL DO ABOUT BULLYING?

At North Haven School we do a lot of things to help you address bullying and repair relationships.

Some of these include:

- Having 'Countering Bullies' lessons, teaching you how to handle bullying and what to do about it.
- Teaching you how to be confident and to cooperate and get along with others.
- Encouraging you to bounce back and be resilient when bad things happen.
- Listening to and supporting you if you are bullied. Teaching you ways to keep yourself safe.
- Working with the student who has bullied you and getting them to think about the consequences of their actions.
- Giving consequences to students who bully you and others. These consequences include time out, restricted play, school planning centre, take home or suspension.
- Talking with your parents if you bully others or are being bullied.

Kids Help Line

Free Call

1800 55 1800

www.kidshelp.com.au

24 hour telephone and online counselling for young people.