



COUNTERING BULLYING POLICY

Student Information

At North Haven School we want all students to feel safe. Our school does not tolerate bullying, and expects all members of our school community to treat each other with care and respect.

Principal: Peter Allison
Assistant Principal: Stam Matheos

WHAT IS BULLYING? Bullying is when the following things happen again and again to someone and it is difficult for the student being bullied to stop these things from happening.

Bullying includes 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, rumours or gossip 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.

Online Bullying:

Online bullying is bullying carried out through the internet or mobile devices. Online bullying is also sometimes called cyberbullying.



Threats:

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



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!

And report it.



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

WHAT TO DO IF YOU ARE BEING BULLIED

Student



Try to stand up for yourself in a positive way.



Make an 'I' statement and let the bully know that what they are doing is wrong.



Report

If you are still being bullied in the **yard** – tell a **yard duty teacher** and your **class teacher**.

If you are still being bullied in the **classroom** – tell the **class teacher**.



Intervention



If this bullying continues



Go to the office and ask to see the School Leadership team or the Pastoral Care Worker and discuss the problem with them in private.

If you need, take a friend along for support.

Tell your parent or caregiver, and ask them to contact staff at the school.



Intervention

These people may be able to help if you are being bullied...

- ✦ Parents, grandparents or carers
- ✦ Teacher
- ✦ Principal
- ✦ Assistant Principal
- ✦ Pastoral Care Worker

WHAT DOES THE SCHOOL DO ABOUT BULLYING?

We work within the guidelines of the DECD School Discipline Policy Statement 2007.

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.
- ❑ Building resilience and self esteem.
- ❑ 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 bullied you. These consequences include time out, restricted play, exclusion from class or school events, take home or suspension.
- ❑ Talking with your parents if you bully others or are being bullied.



These websites offer help, information and advice about bullying and cyber bullying:

<https://bullyingnoway.gov.au/> The Bullying. No Way!

website for Australian schools is managed by the Safe and Supportive School Communities Working Group which has representatives from all states and territories, including the Catholic and independent schooling sectors.

[Equal opportunity 4 schools](#) lists information for students and teachers about discrimination, bullying and sexual harassment.

[National Centre Against Bullying](#) gives examples of different types of bullying. You will find advice about cyber-safety and what to do if you know someone is being bullied.

Helplines:



Kids Helpline: 1800 55 1800 FREE 24 hour telephone and online counselling for young people www.kidshelp.com.au

Youth Beyondblue: 1300 224 636
www.youthbeyondblue.com

eheadspace: 1800 650 890 www.eheadspace.org.au