

WHAT TO DO IF YOU KNOW SOMEONE IS BEING BULLIED

- Care enough to do something about it.
- Early intervention; discourage bullying behaviour if you see it or know of it.
- Report it to a member of staff.
- Talk to a trusted friend.
- Offer support to the person being bullied.

Treat others as you would like to be treated

HOW TO HELP YOURSELF

- Treat others with care and respect.
- Understand your rights and responsibilities.
- Work to demonstrate the school's agreements.
- Move forward through positive thinking.
- Look for a positive resolution.

PARENTS CAN HELP

TAKE AN ACTIVE INTEREST

- in your child's social life.
- in what is happening at school.

ENCOURAGE YOUR CHILD

- to bring friends home.
- to accept and tolerate differences in others.

BUILD THEIR SELF-CONFIDENCE

- by recognising and affirming their positive behaviour.
- by valuing them for who they are.

DISCUSS WITH YOUR CHILD

- the school's expectations about rights and responsibilities.
- ways to respond if their rights are infringed.

ENCOURAGE CONSTRUCTIVE RESPONSES

- all types of bullying should be reported.
- hitting back or retaliating with negative behaviour won't solve the problem.

SET AN EXAMPLE

- be firm but not aggressive in setting behaviour limits.
- be positive in things you say and do.

BE ALERT FOR SIGNS OF DISTRESS

- unwillingness to attend school.
- dropping off in academic performance
- damaged clothing and frequent loss of personal property.
- loss of confidence and uncharacteristic mood changes.
- withdrawal from social activities.

ACT

- if your child is being bullied at school report it to the teacher – do not approach other students.
- your report will be followed up.



Coolbinia Primary School

Inspiring Growth

BULLYING PREVENTION and MANAGEMENT

OUR VISION

Coolbinia Primary School aims to offer a safe, caring and inclusive learning environment.

RATIONALE

All members of our school community are committed to ensuring a safe and supportive environment where all members have the right to be respected and have a responsibility to respect each other. We treat bullying as a serious issue.

OUTCOMES

- The school community identifies bullying behaviour.
- The school community actively engages in strategies to prevent and manage bullying.
- The school has clearly articulated procedures for identifying, reporting, recording, responding and case management of bullying incidents

WHAT IS BULLYING

Bullying is when an individual or group misuses power to target another individual or group to intentionally threaten or harm them on more than one occasion.

TYPES OF BULLYING

- Verbal: put-downs, insults, swearing, name calling, nasty notes, sexist/racist comments.
- Psychological: threats, implied threats, stalking, emotional blackmail, manipulation, threats to an individual's reputation and/or sense of safety.
- Relational: ostracising, excluding, rejecting from ones social group. Making and spreading rumours, sharing/threatening to share ones personal information.
- Physical: repetitive low level hitting, kicking, punching, pushing etc, 'ganging up', unwanted touching, and damage to personal property.
- Cyber: use of technology; text messages, e-mails, instant messaging and websites to engage in bullying of others. Technology provides an alternative means for all types of bullying.

If you can't, talk to your teacher then talk to your parents. They will help you find ways to solve the problem.

TO PREVENT BULLYING

- Treat others with care and respect.
- Work to create an inclusive school environment for all.
- Learn to tolerate and accept individual differences.
- Understand your rights and responsibilities

WHAT TO DO?

Walk, talk and act confidently - even if you don't feel it. Stay calm.

Tell the person to stop. State clearly that the behaviour is unwelcome and offensive.

Move away and keep yourself safe.

Seek help by talking to someone you trust.

Ignore the bully and the followers.

Keep with a group of friends.

Report it to an adult.

ARE YOU BEING BULLIED?

- Can you change this?
- If you can, will it make a difference?
- Try to stop the bullying.
- Find ways to solve the problem.
- Report to teachers and parents.

