



STUDENT INFORMATION

BULLYING... NO WAY!

HOW TO STOP BULLYING AND HARASSMENT

DON'T TAKE IT!

YOU HAVE THE RIGHT TO BE SAFE

DON'T DO IT!

**HELP MAKE OUR SCHOOL A SAFE AND CARING
ENVIRONMENT FOR EVERYONE**

WHAT IS BULLYING AND HARASSMENT?

Bullying

Bullying is an abuse of power, where a person or group uses their behaviour to hurt, upset, scare or shame another person.

Harassment

Harassment is unwanted and unwelcome behaviour that is usually but not always repeated.

Bullying and harassment at school can involve students, teachers, school support staff or parents/caregivers.



BULLYING AND HARASSMENT HAPPENS IN DIFFERENT WAYS:

PHYSICAL- Hitting, pushing, kicking, touching, rubbing, grabbing, taking/damaging property and using a weapon

SEXUAL- any unwelcome written, visual, verbal or physical contact of a sexual nature

VERBAL & WRITTEN - spoken or written insults, threats, suggestive comments, name-calling, unfair criticism, rumour spreading

FACE & BODY SIGNALS - Looks, stares, facial expressions, hand signs

CYBER - using social networks (Facebook), voice and text messages, photographic and video images

GRAFFITI - using pictures, tags or words

GROUP- forming groups to exclude ignore and/or disrespect others

INDIRECT- influencing or organising someone else to bully or harass

DISCRIMINATION - Discrimination in schools is against the law and harms relationships. Bullying and harassment can be discriminating against a person's:

- **Gender** - being male or female
- **Cultural or spiritual identity/race/ethnicity** - cultural beliefs, religion, language, heritage, clothes, food, skin colour or physical appearance
- **Appearance** - body shape and size, clothes and accessories
- **Disability** - physical, intellectual, medical or psychiatric disability
- **Socioeconomic Status**
- **Age**- the age of a person
- On the way to and from school



WHERE CAN BULLYING AND HARASSMENT OCCUR?

- In the school yard or on the oval
- In the classroom
- In the corridors
- At the toilets
- On electronic devices and the internet
- On excursions and camps
- Or anywhere.....



DO YOU BULLY OR HARASS?

If you hurt, upset, scare or shame another person, a teacher must deal with the problem.

You will be given a fair opportunity to:

- show that you are willing to take responsibility for and talk about your behaviour
- show that you are sorry for your actions and what you did
- make suggestions to help repair the harm and damage you have caused

We may offer you

- counselling
- skills training
- special programs to help you stop bullying and harassing
- a meeting with your parents

If you continue to bully and harass, you will face more serious consequences.

WHAT TO DO IF YOU ARE BEING BULLIED

If you are being bullied -

- Don't bully back
- Tell your classroom teacher or yard duty teacher
- Ask a friend for help
- Make an appointment to see the School Counsellor, Assistant Principal or Principal. You can take a friend with you to support you
- Tell your parent or caregiver, and ask them to contact a staff member at the school

DON'T WATCH BULLYING HAPPEN! DON'T BE A BULLYING BYSTANDER

A bystander is an onlooker or spectator who watches bullying and harassment towards another person.

Be part of the solution not part of the problem.

- let the person doing the bullying know that what they are doing is wrong
- if you watch silently or laugh, you are helping the bully
- use assertive body language and say "Stop it. Leave them alone!"
- help the situation by taking away the audience—WALK AWAY!
- encourage the person who is being bullied to get away from the situation and ask for help from an adult
- if you know someone is being bullied it is your responsibility to tell a teacher, Assistant Principal, Principal or School Counsellor



WHAT DOES THE SCHOOL DO ABOUT BULLYING?

At East Torrens Primary School we do a lot of things to prevent bullying and repair relationships.

Teachers will teach strategies on how to:

- handle bullying and what to do about it
- be confident, and get along with others
- bounce back and be resilient
- listen to and support the person who has been bullied
- keep yourself safe

**Teachers will:**

- work with the student who has been the 'bully' and get them to think about the consequences of their actions
- give consequences to students who bully others. The consequences may include time out, restricted play, take home or suspension
- talk with parents of students who bully
- provide opportunities to repair and restore relationships

