

What is Bullying?

Bullying is a repetitive attack on another person or group of people. Conflict is not necessarily bullying. Conflict is a disagreement or a difference of opinion or interests between equals. (As outlined in our Positive Behaviour in Schools Program)

Bullying causes distress, and often causes anxiety through the threat of a future attack. It is characterised by an imbalance of power and can be verbal, physical, social or psychological in nature.

Examples of Bullying Behaviours:

VERBAL Persistent...

- Name calling
- Picking on someone
- Offensive or threatening language
- Racial insults
- Sexual or sexist comments or behaviours

PHYSICAL Persistent....

- Fighting
- Damaging others' property/possessions
- Invasion of personal space
- Pushing /shoving/ bumping

PSYCHOLOGICAL Persistent

- Sending nasty notes
- Glaring / evil eye / sneering
- Excluding others

ELECTRONIC/CYBER Persistent....

- Nasty comments posted on social media sites
- Abusive texts or emails



Anti-Bullying Information for Parents

We all have the right to feel safe at all times
and
there is nothing so awful that we can't talk about it with someone.

Strategies to Help

If a student is being bullied they could.....

- Speak to a teacher and report the bullying.
- Walk away
- Ignore the bully
- Find a friend to play with who will support you
- Smile and walk away
- Stand near a duty teacher

A child is less likely to be a victim of bullying if they appear confident and unaffected by bullying— e.g. putting on a brave face and then reporting the incident to an adult.



This chart is an attempt to provide some structure to students when they are under stress from an incident or bullying. We encourage students to accept responsibility to deal with these situations. This is regularly reinforced to children – however this does not mean that you cannot report your concerns if there are persistent incidents.



If your child is being bullied or teased..

If your child reports being bullied or teased, encourage your child to talk about the situation and how he/she is feeling. Remind your child that nothing is so awful that we can't talk with someone about it.

Make sure your child or you report the incident to their classroom teacher.

Teachers can only deal with situations they are aware of.

If you feel that the situation has not been sufficiently dealt with, please speak with a member of the Admin team.

If you see someone being bullied you should be a positive bystander by:

- Get some help - report the incident to an adult
- Show care and respect

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