Some helpful tips for Students

- Don't put up with it!
- Tell someone you trust. This is not "dobbing"
- Don't react. Just walk away with your head held high
- Use a strong confident voice.
- Be assertive - don't let the bully put you down.
- Avoid the person harassing you.
- Stay away from places where you might be bullied.
- Don't show you are scared even though you might be.
- Don't try to swap insults.
- Remember you are not alone.
- Tell the person bullying to, "Leave me alone" and confidently walk away.

WHO CAN I TALK TO?

- The first step is to tell somebody. People who bully often rely on a "Code of Silence". They think they you are to weak or scared to say anything. Prove them wrong!
- Telling and seeking help is not "dobbing"; the two things are vastly different. Telling occurs when you aim to stop a problem.
- Talk to friend and discuss non-violent solutions.
- Tell a teacher, a Deputy Principal, a good friend or your parents.
- Visit the School Chaplain - Mrs Caroline Bouwman

We will not Tolerate Bullying at our Primary School

If you see or hear about others being bullied then please.....

SPEAK UP!

HELP KEEP OUR SCHOOL SAFE

Quality Education for All

Bridgetown
PRIMARY SCHOOL

BULLYING PREVENTION POLICY

At Bridgetown Primary all members of the school community are entitled to a safe secure and caring environment

Rights	and	Responsibilities
To feel safe		To respect yourself
To learn		To respect others
To be respected		To use common sense
To be valued		To support others

Policy Objectives

Promote students sense of concern and responsibility.

Develop skills and strategies to deal with bullying.

WHAT IS BULLYING?

Bullying is a repeated behaviour and an unjustified behaviour

- Intended to cause fear, distress and/or harm to another;
- Physical, verbal or indirect/relational;
- Conducted by a more powerful individual or group;
- Against a less powerful individual who is unable to effectively resist.

Acts of Bullying

- Verbal nasty name calling, taunting, teasing and spreading gossip or rumours
- Threats of Physical harm and intimidation.
- Written and cyber: writing and sending nasty notes.
- Extortion: Demanding money or favours.
- Exclusion: Deliberately leaving someone out of an activity, ignoring and avoiding someone.
- Interference with personal property.
- Physical harm: Hitting, punching, kicking, throwing objects.
- Racism or racist remarks and actions.
- Sexism or sexist remarks and actions.

AS STUDENTS YOU CAN:

- Tell the person doing the bullying to stop. State quite clearly that the behaviour is unwelcome and offensive.
- Seek help. Talk about it to someone you can trust.
- Report it to a member of the school or a friend. Feel confident that any incident can be resolved.
- Respect yourself and others.
- Show that you and your friends disapprove of bullying.

AS PARENTS YOU NEED TO:

- Take an active interest in what is happening at school.
- Encourage your child to bring friends home and to accept and tolerate differences in others.
- Help build confidence in your child's social life by recognising and affirming their positive qualities and valuing them for who they are.
- Discuss with your child the school's expectations about behaviour and ways to respond if their rights are infringed.
- Encourage constructive responses ie. Physical bullying or persistent teasing should be reported. Hitting back or retaliating with name calling won't solve the problem.
- Set an example by
  - being firm but not aggressive in setting limits.
  - being positive in the things you do and say.
- Be alert for signs of distress by:
  - Unwillingness to attend school.
  - Dropping off in the quality of school work.
  - Damaged clothing or frequent loss of personal property.
  - Loss in confidence or mood changes.
  - Withdrawal from social activities.
- **ACT** if you think your child is being bullied and inform the school immediately.

AS STAFF WE WILL

- Adopt positive classroom management strategies and incorporate anti bullying messages in the curriculum.
- Provide positive role models for students.
- Actively counteract bullying behaviour.
- Respond appropriately to any reported incidents of bullying.
- Be obviously present during recess and lunchtimes when we are on duty, as a deterrent to possible incidents of bullying.

WHAT WILL HAPPEN IF YOU ARE BULLYING STUDENTS

1. You will be counselled by your classroom teacher. You will be given the opportunity to resolve the situation and discuss the issue with the person you bullied.
2. If you persist in bullying, you will be referred to a member of the administration team for counselling and to develop a solution to the problem. Your parents will be contacted.
3. If you are found to be bullying again a consequence will bre applied. This may include:
   a. in school isolation (recess and lunchtime),
   b. letter home to parents/parent interview,
   c. Counselling program,
   d. Loss of privileges,
   e. withdrawal or suspension.
4. If bullying continues your parents will be called in to discuss further sanctions.

Hitting, kicking and fighting are breaches of the school Code of Conduct and may involve the immediate application of consequences