How Parents can help

If your child is experiencing bullying...

- Help your child to use personal safety strategies taught at school by practising the process at home to develop assertiveness
- Write a note or arrange a time to speak to the teacher or counsellor about the problem

Please do not enter school classrooms to see staff about issues without prior arrangement

- Help your child complete a bullying report form
- Allow reasonable time for issues to be addressed
- Arrange a time to speak with the Principal, Deputy Principal or Counsellor
- Restrict use of website games and activities to develop more protective behaviours to remain safe from cyber-bullying
- For more information go to the following websites:

  www.bullyingnoway.com.au
  www.kidshelp.com.au
  www.cybersmart.gov.au

If your child is displaying bullying behaviour...

- Discuss the situations and listen to the child’s explanation carefully
- Situations are often small conflicts that are not managed well
- Discuss feelings leading up to incidences and how to manage situations more positively and safely
- Understand that children often omit key information to avoid taking responsibility for their part
- Make it clear that the behaviour used is not the only part about the person they are. Discuss positive aspects of their lives also.
- Help the child develop empathy for the other people involved
- Restrict use of websites and social networking sites to age appropriate ones
- Monitor use of phones and computers closely
- Visit the websites provided
- Seek help from the school and other organisations to help modify the behaviour if it is ongoing.

Risdon Park Primary School is dedicated to Quality Education which empowers community minded learners.

“Helping each other succeed”

Anti-bullying & Harassment Policy

Respect ~ Responsibility ~ Caring
Co-operation ~ Honesty
## What is Bullying?

**Bullying is...**
Continuous planned behaviour aimed at upsetting someone, making them feel bad. It can be physical, verbal, emotional or cyber-bullying.

**Harassment is...**
Unwanted behaviour which interferes with a person’s legitimate right to feel safe, secure and comfortable. It can be racial, sexual or based on appearance or ability.

**Physical bullying is...**
- Throwing things at people
- Damaging other’s property
- Spitting
- Hitting
- Fighting

**Verbal bullying is...**
- Name calling
- Swearing / Abusive language
- Put downs
- Talking behind other’s back
- Teasing

**Emotional bullying is...**
- Peer pressure
- Intimidating
- Excluding people
- Body language
- Playing nasty jokes
- Letters / notes

**Cyber bullying is...**
- Hurtful calls, messages or comments via mobile phones, emails and websites like MSN and facebook

## Consequences for Bullying and/or Harassing behaviour

- Students who display bullying or harassing behaviour will be removed from the area i.e. classroom, yard or school grounds for a period of time.
- Depending on the severity, the student will spend time in the Reflection Room, Buddy Class, in Time Out with Leadership staff or be Suspended from school for a period of time.
- During this time the student will be thinking about and discussing their behaviours with staff members including the Principal, Deputy and/or School Counsellor, depending on the situation.
- Restorative Justice Principles are used where the bullying student is counselled to take responsibility for their behaviour and develop empathy and understanding for the victim/s.
- This process often involves a conference with the bullying student and the victim/s where apologies are extended.
- Parents are informed of these situations via a phone call or note sent home and are asked to discuss the situation with their children. We ask that forms be signed to inform the school that the family is aware of the situation.
- In ongoing cases or following a suspension, families are required to attend a meeting regarding the student’s behaviour and expectations for future behaviour to keep Risdon Park Primary School a safe and respectful place to learn and play.

## What students need to do

### If you are bullied use the ‘I AM SAFE’ strategies...

| I | Ignore (if it’s an accident and not ongoing) |
| A | Ask the bully to stop |
| M | Move or Walk away (remove from contacts list if cyber bullying) |
| S | Serious face and voice and eye contact |
| T | Talk to a helpful adult about the situation |

### If you see bullying it means you are a bystander. You can help it stop by...

- Help the bullied person to do all of the safety strategies above
- Explain to the bullying person how they are hurting the other person
- Talk to a helpful adult about the situation