

What is bullying?

Bullying is when individuals or groups, behave in ways which cause another person to feel hurt, physically or non-physically. Bullying behaviours include:

Physical:

Hitting, kicking, punching, pushing, tripping, spitting, throwing objects, sexual abuse. Hiding, damaging or destroying property belonging to someone else, making someone give money, food or other property against their will.

Non-physical:

Threatening any of the above, name-calling, using offensive language, making comments the other person finds offensive, ridiculing or teasing in a nasty way, putting others down, spreading rumours, making faces or rude gestures, leaving someone out of a group. The excuse "It was only a joke" is unacceptable if the other person has not taken it as a joke, and feels upset.

What are the results of bullying?

The results of bullying can be very serious for both the bully and the bullied student, and can affect his or her whole life. For the bullied student it may result in stress, lower academic results, truancy, anger, poor self-esteem, sleeplessness, nightmares, depression, and even suicide.

For the bully, bullying may lead to a belief that inappropriate and bullying behaviour is acceptable and consequently lead to a failure to develop skills of cooperation and conflict resolution; also, bullying may result in **suspension** or exclusion, and may lead to problems with the law.

The most important thing to remember is that if you or someone else is being bullied, TELL SOMEONE – this is REPORTING ABUSE, not ‘dobbing’.

To ignore bullying is to condone it. Nobody deserves to be bullied.

What are we doing to prevent bullying?

- Warwick West State School has a "Hands Off" policy.
- The whole school addresses bullying in class, plus whole of school groups.
- Teachers and staff encourage a non-violent conflict resolution policy.
- Observation of students by teachers – both inside and outside the classroom.
- In-service of teachers is ongoing.
- Appropriate behaviour is modelled and promoted at all levels in the school.
- Incidents are recorded to collect a profile of offenders.

What will we do when bullying is reported?

- Find out information about the situation.
 - Discuss problem solving ideas for minor incidents.
 - Mediate where appropriate.
 - Guarantee that if it continues the bully will be subject to serious consequences.
 - Advise parents of incidents when appropriate.
-

What can you do if you are being bullied?

1. Report it – remember that the bullying will continue if those responsible think they can get away with their behaviour.
 2. Try not to show that you are upset. Bullies feel great if they have upset you.
 3. Try to be assertive – look and sound confident.
 4. Walk quickly and confidently even if you don't feel that way inside – appearing confident is helpful.
 5. If students have been calling you names or teasing etc., reassure yourself that you're OK, and that those students are the ones with the problems.
 6. Talk to a friend/friends about it.
 7. Avoid 'risk' situations where possible, or stay close to adults or friends.
 8. Consider whether you have been bullying yourself, e.g. have you been name calling, annoying, threatening, showing off, etc? If you have, change what you are doing.
 9. If bullying continues after reporting it, report it again – talk to a Teacher.
 10. If you feel or think that you are different in any way, be proud of it – individuality and diversity, within the rules, are important.
 11. Consider talking to the guidance Office who can help you develop skills which can be useful in bullying situations.
-

How can you help someone else who is being bullied?

- If you know of bullying, report it. The person bullied may be too scared or upset to tell anyone.
- Remember that **nobody** deserves to be bullied.
- Show the bully that you and your friends strongly disapprove of his/her actions.
- Seek help.
- Give sympathy and support to students who are bullied.
- Be careful about teasing people or making personal remarks. If you think that students might not find your comments funny, don't say them.

What can parents do if they suspect their child is being bullied?

- Watch for signs that your child might be being bullied. Some of the following may indicate bullying: wanting to miss school; a pattern of headache or stomach aches; becoming withdrawn; nightmares; tension or unhappiness; taking it out on others at home; bruising; the disappearance of property; damaged clothing, etc.
- If you think that your child is being bullied, inform the school immediately, and ask for an interview with a staff member who can help. With staff, devise strategies that will help and support your child inside and outside school.
- Don't be swayed by your child's plea not to interfere because of their fear of retaliation: for the student's sake, bullying needs to be addressed, and this will be most effective with the school and family working together.
- When discussing the problem with your child, go through the advice given in this policy.
- Encourage your child to develop friendships. A student who has friends is less likely to be bullied.

- Support your child in developing their talent and participating in sports or other activities that will build confidence, in a safe, supervised environment.
 - Work on improving your child's self-esteem.
 - If your child has been bullied frequently by different students, seek school advice and counselling so that he/she may become more assertive and resilient, and hence reduce the likelihood of being bullied.
-

POLICY AND PROCEDURES TO ADDRESS THE PROBLEM OF

BULLYING



At Warwick West State School
Bullying will not be
Tolerated