

## WHAT TO DO IF YOU ARE BULLIED OR WITNESS BULLYING

It is important to “tell”. So please:

**Tell a staff member**

**Tell your parents**

Telling is not the same as ‘dobbing’. Dobbing is when we try to get someone in trouble, usually for something minor.



### How The School Deals With Bullying?

The school processes for dealing with bullying have been designed to protect the wellbeing and safety of all school community members.

1. Episodes of bullying will be referred to a member of the Student Services Team. A strategy that may be used is the evidence based “Shared Concern” method. This means the following actions will be taken:

- Interview the bullied person and any witnesses in a confidential fashion;

- If appropriate convene a meeting with the people involved, including bully, bystanders and the colluders;
- Explain the problem in terms of how the bullied student has been made to feel;
- Give the students the responsibility for solving the problem by sharing ideas on how to assist the bullied student to feel better and how to prevent similar events from happening again; and
- Follow-up soon after to check that the issue has been successfully resolved.

**2. Where students fail to respond to this approach, school disciplinary procedures will be used. This may include parent interview, detention and suspension.**

**In summary the strategies that may be used to deal with bullying**

- Letters of apology
- Student Services Team involvement
- Parent contact
- Shared concern
- Mediation
- Detention
- Suspension

*Referrals and Information Services*

[www.bullyingnoway.com.au](http://www.bullyingnoway.com.au)

[www.cybersmartkids.com.au](http://www.cybersmartkids.com.au)

Parent Help Centre: 6279 1200

Kids Help Line: 1800 551 800

Lifeline: 131 114



## COUNTERING BULLYING IN SCHOOL

**North Albany SHS**

We choose to respect each other.

Being respectful at our school means treating others with care and consideration



***Our focus is on developing positive relationships and promoting respect.***

***We will not tolerate bullying.***

***Together we can do something about bullying and build a respectful school community.***

**Bullying is an issue which can have serious short and long-term effects and is not tolerated at NASHS.**

#### **Definitions**

***Bullying*** is defined as the ***repeated*** negative actions by individuals or groups against a target individual or group. It involves an imbalance of power. Bullying can take different forms – verbal, physical, social or psychological.

- **Physical:** fighting, punching, pushing, invasion of personal space and intimidating gestures.
- **Verbal:** mocking, name-calling, teasing, putting someone down, spreading rumours and offensive language.
- **Group:** ganging up against, isolating or rejecting someone from the group.

- **Victimisation:** picking on or threatening someone or using stand-over tactics.
- **Indirect:** offensive notes, graffiti, SMS or text messaging, removing, hiding or damaging other's possessions.
- **Sexual:** making sexual invitations or inferences, touching or brushing against in a sexual manner, writing, drawing or commenting about someone's body sexually, comments or questions about someone's private life, sexually oriented jokes or name calling.
- **Racial:** discrimination of any kind on the basis of race or religion.

#### **Together how can we prevent bullying?**

**Staff** play a key role in helping to prevent bullying by:

- Modelling appropriate behaviour for students;
- Teaching co-operative learning, play skills and conflict resolution skills;
- Actively supervising to minimise opportunities for bullying and being observant to signs of distress and suspected incidents of bullying;
- Intervening to assist students being bullied by removing sources of distress and supporting students who speak out;
- Consulting with students to identify issues which give rise to concerns; and
- Reporting all incidents and suspected incidents.

**Students** also play a key role in preventing bullying by:

- Reporting all incidents or suspected incidents. This can be done personally a teacher, Year Coordinator or any other member of the Student Services Team (Psychologist, Nurse, Chaplain or Deputy).
- Refusing to be involved in any bullying situation;
- If appropriate, taking some form of preventative action;
- Supporting friends who may have been bullied.

#### **Parents can help prevent bullying by:**

- Being appropriate role models;
- Encouraging your child to tell a staff member at school about bullying incidents and, if possible, allow the child to report and deal with the problem;
- Informing the school if bullying is suspected;
- Advising your child that retaliation always worsens the situation
- Communicating to your child that parental involvement is appropriate;
- Being willing to attend interviews at school if your child is involved in a bullying incident; and
- Being willing to inform the school of any cases of suspected bullying even if your child is not directly affected.