

Is It Bullying?

We all need to be clear about the definition of the term bullying. The term bullying can be misinterpreted, here are some phrases to assist with the understanding of what is bullying:

When someone says or does something unintentionally hurtful and they do it once, that's **RUDE**.

When someone says or does something intentionally hurtful and they do it once, that's **MEAN**.

When someone says or does something intentionally hurtful and they keep doing it even when you ask them to stop or show them that you're upset, that's **BULLYING**.

STAND UP
SPEAK UP

Types of Bullying?

Verbal

Physical

Cyber

Psychological

Relational

What Students Can Do?

1. Don't put up with it! Tell them to STOP!
2. Tell someone you trust. This is not "dobbing".
3. Don't react and walk away.
4. Use a strong, confident voice.
5. Students can take the three step assertiveness strategy to deter bullies:
 - "Stop it I don't like it!"
 - "Stop it or I'll tell the teacher!"
 - Tell the teacher.
6. Avoid the person who is harassing you.
7. Stay away from the places you might be bullied.
8. Don't show you're scared even if you might be.
9. Don't try to swap insults.
10. If they persist, report it to the teacher on duty or your classroom teacher.



What can parents do?

- **Try not to over-react and remain calm.**
- Listen calmly and try to work out the facts.
- Be aware of the signs of distress in your child. For example: unwillingness to attend school, a pattern of illness, missing equipment, requests for extra money, damaged clothing or equipment.
- Take an active interest in your child's education.
- If your child is being bullied, discourage any planned retaliation, either physical or verbal, by discussing the positive strategies they can use.
- Assist your child to discuss any incidents of bullying with a teacher.
- If possible allow your child to report and deal with the situation. Your child can gain respect and confidence through taking the initiative and dealing with the situation.
- Remember not to deal directly with the other children or their parents, but work through the school.
- Be willing to attend interviews if your child is involved in an incident of bullying, even if your child is not directly involved or affected.
- Be positive about your child's qualities and encourage your child to be tolerant and caring.
- Discuss the school's expectations about behaviour and how best to deal with bullying.

What will the school do?

- Implement a whole school approach to anti-bullying.
- Ensure all stakeholders understand the approach to anti-bullying.
- Staff will provide careful supervision.
- Listen and respond with empathy.
- Manage the situation using a 'shared concern' approach.
- Hear both parties explain the situation.
- Have both parties provide ideas on improving the situation.
- Record incidents of bullying using the Behaviour Management System.
- Ensure there is follow up with the student being bullied as well as the student doing the bullying.
- Contact the parents or caregivers of both students.
- Participate in whole school events to raise the awareness of bullying such as National Day of Action against bullying and violence.
- Implement programs to teach students about respect i.e. PATHS and Kismatter.

Who can parents talk to about bullying at our school?

1. Your child's classroom teacher
2. Other staff member
3. Deputy Principal
4. Principal



What if it happens to someone else?

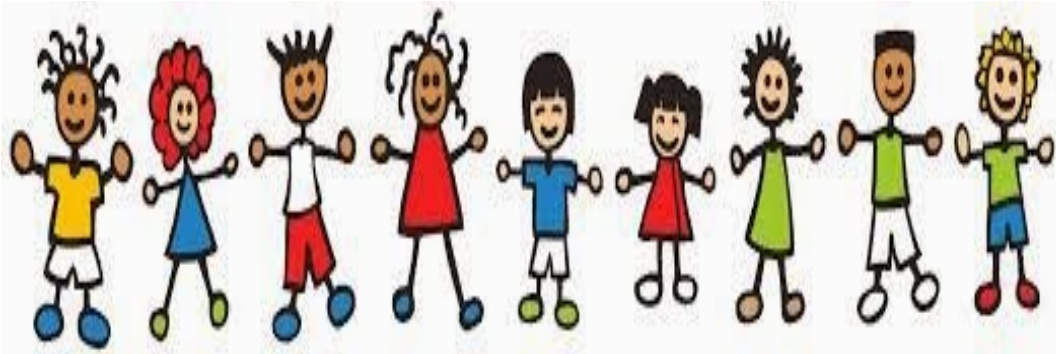
If you see another person being bullied you could:

- Let the person know that what they are doing is bullying.
- Refuse to join in with their bullying and walk away.
- Support the person who is being bullied.
- Ask a teacher to help or make your way the office.
- Report bullying to a teacher.

We all need to work together to make Ashfield Primary School a safe place for all.

What if my child is bullying others?

- All children are capable of bullying others.
- It is normal for parents to feel shocked, embarrassed and even doubtful if they find that their child has been bullying others.
- To help discourage children from bullying others, parents can:
 1. Talk about bullying behaviour with them and discuss why they may want to bully someone.
 2. Suggest other more positive actions than bullying.
 3. Help your child to be aware of the effects of bullying others.
 4. Be alert and discourage bullying behaviour at home.
 5. Encourage and provide opportunities for children to openly discuss any issues or concerns with you.
 6. Teach your children what is appropriate behaviour and how you expect them to treat others.



ASHFIELD PRIMARY SCHOOL

Anti-bullying Information



**At Ashfield Primary School every person has the right to
feel safe and be safe.**