

### **What can parents do?**

*Try not to over-react.*

*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 social life and acquaintances.
- 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 problem without parental involvement.
- 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 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:

- Talk about bullying behaviour with them and discuss why they may want to bully someone.
- Suggest other more positive actions than bullying.
- Help your child to be aware of the effects of bullying others.
- Be alert and discourage bullying behaviour at home.
- Encourage and provide opportunities for children to openly discuss any issues or concerns with you.
- Teach your children what is appropriate behaviour and how you expect them to treat others.

### **Who can parents talk to about bullying at our school?**

- Your child's classroom teacher
- Deputy Principal
- Principal
- Other staff member

# **SAFETY BAY PRIMARY**

## **ANTI - BULLYING POLICY**



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

## What is bullying?

Bullying is a repeated behaviour used by a more powerful person or group over a less powerful person who has difficulty stopping the situation

Bullying incidents are unprovoked and can be physical, verbal, social or psychological.

Bullying is when these things happen again and again to someone:

### Exclusion

being ignored, left out on purpose, or not being included.

### Verbal Abuse and Teasing

Being made fun of and teased in a mean and hurtful way.

### Lies or Rumours

Lies or nasty stories are told about them to make other kids avoid them.

### Threats

Being made afraid of getting hurt. When someone demands your possessions or money. Being forced to do something wrong.

### Physical

Being hit, kicked, punched or pushed around. When belongings are removed, damaged or hidden.

## What if it happens to me?

- Don't put up with it! Tell them to STOP!
- 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 be 'put down'.
- Avoid the person who is harassing you.
- Stay away from the places you might be bullied.
- Don't show your scared even if you might be.
- Don't try to swap insults.
- Tell the bully- "Leave me alone!" and walk confidently away.
- If they persist, report it to your teacher or Deputy.

## 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 to the Student Centre.

**We all need to work together if we are going to stop bullying behaviour in our school.**

## What will the school do?

- 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 bullying.
- Contact the parents or caregivers of both students.

**RESPECT  
RESPONSIBILITY  
RESILIENCE  
REFLECTION  
RELATIONSHIPS**

