



# *Stansbury Primary School*

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## SCHOOL COMMUNITY INFORMATION SHEET

### **Bullying Statement**

At Stansbury Primary School, all members of the school community are entitled to a safe, secure and caring environment.

### **Rights and Responsibilities**

At Stansbury Primary School, everyone has the right to feel safe, respected and valued.

We believe that every member of the school community has a responsibility to ensure that this happens.

- ◆ Each person needs to LEARN to ACT and THINK responsibly about the effects that their actions might have on others.
- ◆ Each person needs to LEARN to ACCEPT that we are not all the same and to VALUE these differences.
- ◆ Each person needs to RESPECT and CARE for themselves and others.

### **School Objectives**

To help people understand the difference between aggressive and assertive behaviour.

To support and empower people who are bullied to deal successfully with bullying.

To help people with bullying behaviours to recognise how their behaviour affects others and to support them to change their behaviour choices.

To gather data on bullying via a bully audit each term.

### **What is bullying?**

Bullying is when one or more people repeatedly does or says something to hurt or threaten someone through the misuse of power.

This persistent unwanted behaviour makes you feel uncomfortable, hurt, scared, embarrassed, unsure and alone.

## Types of bullying

<u>Property</u>	<u>Physical</u>	<u>Verbal</u>	<u>Emotional</u>
Stealing Graffiti Destroying things Interfering with personal property <u>Cyber</u> Offensive texts, emails or videos via the internet, chat sites or mobile phone Offensive photos/images Hacking	Violence Hitting Punching Headbutting Kicking Pushing Hurting people Forcing people to do things Fighting Conflict Using weapons Throwing things Threats of physical harm Biting Tripping Spitting Pinching Flicking Hair Pulling	Name calling Saying nasty things Lying Teasing Shouting Spreading rumours Putting people down Telling secrets Abusive words Laughing at people Gossiping Saying something about a person's body Degrading comments about a person's skin colour or culture	Talking behind peoples backs Mean faces Jealousy Ignoring someone Demanding money, food or favours Intimidation Pulling faces <u>Written</u> Notes Letters Writing/drawing on or erasing other peoples work <u>Group Pressure</u> Showing off Unfair play Excluding others from games Eavesdropping Ganging up Ditching people / running off on them

## Possible Indicators of Bullying

Some signs that a person is being bullied may be:

Angry  
 Anxious / Nervous  
 Avoiding a particular person or group  
 Become bullies themselves  
 Become more violent  
 Begin to do poorly at school  
 Behaviour change  
 Butterflies in tummy  
 Cry  
 Damaged clothes or property  
 Depressed  
 Edgy  
 Embarrassed  
 Emotional  
 Fear  
 Frightened  
 Headaches or stomach aches  
 Irritated  
 Lonely  
 Mad

Moody  
 Need to go to the toilet  
 Nightmares  
 No eye contact  
 No friends  
 Panic  
 Revenge  
 Running away  
 Sad  
 Scared  
 Scratches or bruises  
 Self-harm  
 Serious  
 Stay home from school  
 Swearing  
 Not feeling important or special  
 Uncomfortable  
 Withdrawn  
 Worried  
 Wouldn't talk much

## **If you are being bullied what could you do?**

Go to a safe place

Be Friendly

Make new friends

Ignore them - TELL YOURSELF that it is not your fault, and that it is the person who is bullying who needs to change - NOT YOU.

Tell them to stop and that their actions are unwanted

Tell all the details to an adult or someone you can trust (teacher, CPSW, Mum, Dad, friend, Peer Mediator, older brother or sister)

Persist until the problem is resolved

Use 'I' statements - 'I don't like it when...'

Simply walk away

## **If you see someone else being bullied what could you do?**

Help stop the bullying - say "Stop" or "no" with meaning/assertiveness

Try to help the victim

Ask the victim "Are you ok?" and "Do you need a hand?"

Comfort/look after the person

Stick up for your friend (not the bully)

Say "We can work this out"

Distract the bully and ask them to leave

Get a friend to help

Get a Peer Mediator

Run for help

Tell the teacher/Di/Principal

Tell your parents/older brother or sister

Tell the victim's parents

Ring the police if it's serious and not during school time

**If your child is involved in bullying, he or she needs your confidence, understanding and support.**

### **If your child is being bullied:**

- ◆ Encourage talking; it may be difficult but be patient. Let your child know it is okay to tell.
- ◆ Try not to overreact, listen calmly and try to work out the facts.
- ◆ Assure your child that it happens to most people at some time. That we all need to learn to respond to it and confront it with support.
- ◆ Contact the school and work together to resolve the problem.
- ◆ Explain to your child that physical or verbal retaliation is NOT the answer.

## If your child is bullying others:

- ◆ Make it clear that any bullying is unacceptable.
- ◆ Help your child to understand the difference between assertive and aggressive behaviour.
- ◆ Make it clear that hurting or distressing another person unable to defend him or herself, is a form of weakness on the bully's part
- ◆ Explore the possibility that the child is seeking attention and love. Are there home, community or school situations that are contributing to the bullying? Sensitive discussions may indicate that the person bullying may also be a victim of bullying.
- ◆ Explore the need for development of self-confidence. Acknowledge successes in other areas to counter this poor self-esteem.
- ◆ Talk with your child's teacher and share ideas and experiences.

## School Support

- ◆ Promote positive and responsible behaviour
- ◆ Explicitly teach social skills programs, which include problem solving and bullying prevention components.
- ◆ LISTEN and offer immediate support.
- ◆ Arrange a meeting with everyone concerned. Steps may include:

1) Explain the process, the role of the teacher and the need for confidentiality:

We're here to solve a problem

- ⇒ No blaming
- ⇒ No excuses
- ⇒ No interrupting

2) Everybody listens:

- ⇒ Each person, in turn, tells what has happened to them;
- ⇒ Just the facts;
- ⇒ Listen to others while they tell their story;

Repeat what has been said;

- ⇒ Each person tells how they felt.

3) Resolving the conflict:

- ⇒ Each person states what they need if the problem causing the conflict is to be solved;
- ⇒ The mediator helps both sides to work out strategies and to reach an agreement.

4) Document and report the incident to the principal.

### Follow-up

The teacher observes and discusses with all concerned, how things are going and helps to alter strategies, if necessary.

### If it continues

Continued incidents will result in a referral to the school principal for the possible application of further consequences. Parents will be informed.

- ◆ Provide school community with email address to report incidences of bullying - [di.nankivell89@schools.sa.edu.au](mailto:di.nankivell89@schools.sa.edu.au)

## Need more information?

The following Internet websites can provide support and useful information about bullying.

- ◆ Kids Helpline - [www.kidshelp.com.au](http://www.kidshelp.com.au)
- ◆ Child and Youth Health Parent Helpline - [www.cyh.com.au](http://www.cyh.com.au)
- ◆ Bullying No Way - [www.bullyingnoway.com.au](http://www.bullyingnoway.com.au)