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

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<thead>
<tr>
<th>Property</th>
<th>Physical</th>
<th>Verbal</th>
<th>Emotional</th>
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<tbody>
<tr>
<td>Stealing</td>
<td>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</td>
<td>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</td>
<td>Talking behind peoples backs, Mean faces, Jealousy, Ignoring someone, Demanding money, food or favours, Intimidation, Pulling faces</td>
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<td>Graffiti</td>
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<td>Destroying things</td>
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<td>Interfering with personal property</td>
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<td><strong>Cyber</strong></td>
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<td>Offensive texts, emails or videos via the internet, chat sites or mobile phone, Offensive photos/images, Hacking</td>
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<td><strong>Threats of physical harm</strong></td>
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<td><strong>Group Pressure</strong></td>
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<td><strong>Eavesdropping</strong></td>
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<td><strong>Ganging up</strong></td>
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<td><strong>Ditching people / running off on them</strong></td>
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### 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

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

♦ Kids Helpline - www.kidshelp.com.au

♦ Child and Youth Health Parent Helpline – www.cyh.com.au

♦ Bullying No Way - www.bullyingnoway.com.au