

WATERVALE PRIMARY SCHOOL NO BULLYING POLICY

All members of the school community will strive to ensure their actions reflect the school values of respect, honesty, excellence and joyfulness in all aspects of school life. Students will be supported by parents/caregivers and school staff to follow the No Bullying Policy and Behaviour Code.

RIGHTS

- ◆ Everyone has the right to feel safe, respected and valued
- ◆ Every member of the school community has a responsibility to ensure that this happens
- ◆ Each person needs to respect and care for themselves and others
- ◆ Follow the school's harassment procedures when necessary

OUR BELIEFS

- ◆ Bullying is unacceptable
- ◆ Bullying is the repeated abuse of power
- ◆ Bullying occurs because of a person's inability to tolerate difference
- ◆ Bullying is a form of discrimination
- ◆ Bullying can have a serious long-term effect on the health and wellbeing of people



WHAT IS BULLYING?

- ◆ When a person repeatedly does or says something for the purpose of hurting or threatening someone
- ◆ Persistent unwelcome behaviour that makes you feel uncomfortable, hurt, scared, embarrassed and isolated
- ◆ Bullying behaviour is deliberate

TYPES OF BULLYING

- ◆ VERBAL—name calling, put downs, threats
- ◆ PHYSICAL—hitting, tripping, poking, punching, kicking, throwing objects, stealing
- ◆ SOCIAL—ignoring, hiding, leaving out
- ◆ PSYCHOLOGICAL—horrible looks, spreading rumours, hiding or damaging possessions
- ◆ CYBER—using technology to bully

INDICATORS OF BULLYING What could it look like?

- ◆ *Becoming withdrawn*
- ◆ *Avoiding working in a particular group or sitting next to a particular person*
- ◆ *Mood swings*
- ◆ *Beginning to do poorly in schoolwork*
- ◆ *Unwilling to go to school*
- ◆ *Withdrawn from social activities with peers*
- ◆ *Regularly damaged clothes or possessions*
- ◆ *Unexplained scratches or bruises*
- ◆ *Teary or anxious*
- ◆ *Headaches or stomach aches*
- ◆ *Nightmares, cries themselves to sleep*
- ◆ *Starts stammering, lack of confidence*
- ◆ *Refuses to talk about 'what is wrong'*
- ◆ *Begins to bully other children or siblings*
- ◆ *Becomes aggressive and unreasonable*
- ◆ *Gives improbable excuses for any of the above issues*

IF YOU ARE BULLIED OR YOU KNOW OF SOMEONE WHO IS BEING BULLIED, REPORT IT!

WHAT CAN YOU DO ABOUT BULLYING?

- ◆ Ignore the person bullying. Show them that it does not upset you. Tell yourself it is not your fault. It is the person bullying who needs to change.
- ◆ Tell the person bullying to stop
- ◆ Go to a safe place. Do not retaliate with physical or verbal bullying
- ◆ Talk with a trusted friend or SRC member
- ◆ Report bullying to a trusted adult, parent, friend or teacher
- ◆ Give full details of the bullying
- ◆ Persist until the problem is resolved

WHAT CAN YOU DO AS A BYSTANDER?

- ◆ Tell the person bullying to stop
- ◆ Be a friend to the person being bullied
- ◆ Remove yourself from where the bullying is happening
- ◆ Seek help

HOW TO REPORT?

- ◆ As soon as it happens
- ◆ Do not ignore it
- ◆ When bullying is ignored it may get worse

WHAT DO WE DO AT SCHOOL?

- ◆ Listen and talk to the person being bullied and the person who has bullied
- ◆ Help everyone involved to improve their relationships with each other
- ◆ Negotiate an agreement of follow up actions to make things better
- ◆ Check that the agreement is completed
- ◆ Bullying may result in immediate progression to Suspension—check the Behaviour Code
- ◆ Notify parents of children who have been bullied or suspected of being bullied

WHO ELSE CAN HELP?

Bullying No Way: www.bullyingnoway.gov.au
Kids Helpline: www.kidshelp.com.au
Or 1800 551 800
Child & Youth Health Parent Helpline:
www.cyh.com or 1300 364 100
Net Alert: www.netalert.net.au
Cyber safety: www.cybersmart.gov.au
Child Abuse Report Line: 131 478
Crisis Care: 131 611
Local General Practitioner

Policy Review Date: February 2014

This policy is reviewed annually to ensure its relevance and familiarity for all students, staff and parents.

School enrolment processes include the requirement for parents to view both the *No Bullying* policy and *Behaviour Code* documents and to sign their agreement to abide by them.

Reports on bullying trends within the school are presented to Governing Council each semester, and included within the Annual Report.

Please note: It is a DECD expectation that the police be contacted in cases that involve assault or violence.



Principal: Mrs Wendy Burge

Phone: 8843 0186

Email: dl.0470.info@schools.sa.edu.au



Watervale Primary School

NO BULLYING POLICY

A companion document to the *Behaviour Code*

Watervale Primary School prepares students for future challenges by focusing on educational excellence in a happy, vibrant learning environment that is highly valued by the community.

We are committed to providing a balanced quality curriculum in a caring, safe and secure environment, where differences in people are valued and respected.