What is bullying?

Bullying is: when the following things happen again and again to someone and it is hard for the person being bullied to stop these things from happening.

Bullying can be:

Exclusion
Being ignored, left out on purpose, or not allowed to join in.

Physical
Being hit, kicked or pushed around.

Lies or Rumours
When lies or nasty stories are told about someone to make other kids not like them.

Threats
Being afraid of getting hurt.

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

Why does bullying happen?

There are a lot of reasons why some people are bullies:
- It may be seen as a way of being popular, or making themselves look tough or "cool" and in charge
- It may be to get attention or other people's personal possessions
- It may be to make other people afraid of them
- It may be that some people are jealous of the person they are bullying
- It may be that they are bullied themselves
- It may be that they do not even understand how wrong their behaviour is and how it makes the bullied person feel

At Paringa Park Primary School, community members have the right to feel safe and if bullied will be provided with help and support.

What Can Students Do About Bullying at School?

Prevent Bullying:
- Respect yourself and others
- Provide support to anyone you observe being bullied
- Be assertive
- Be tolerant and accept differences
- Report incidences of bullying

Use the STOP, THINK, TALK strategy if being bullied:

STOP - What is happening to me?
- How do I feel?
- Is the situation really bothering me?
- Is this a bullying situation?

THINK - What can I do?
- Believe in yourself. Don't believe what a bully says to you. You know it isn't true
- Tell the bully what behaviour you don't like and what you want to happen
- Walk away
- Ask for help

TALK - Who can I talk to?
- Talk to a trusted adult. It could be your teacher, the Principal or staff member.
- Ask the person to help you to make a report

Be a responsible bystander. If you witness bullying behaviour:

DO:
- Care enough to report it to a teacher
- Give accurate information about the situation
- Support the victim
- Report it using the email address

DON'T:
- Protect the bully by remaining silent
- Watch or show amusement
School procedures in the Prevention of Bullying Behaviours:

Prevention
Our school community has a commitment to maintain and promote a school culture of caring, friendship, tolerance, communication and inclusion.

We do this by:
- Establishing positive learning environments through collaborative practices
  - What is a quality classroom?
  - What is a quality schoolyard?
  - Agreement of classroom behaviours.
- Explicitly teaching about reducing bullying
- Teaching relevant social skills: assertiveness, conflict resolution and communication skills to reduce bullying
- Social Skills Programs: Program Achieve and Bounce Back are taught
- Class meetings and Student Representative Council are forums to improve class and yard behaviours

Intervention
- Teaching STOP, THINK, TALK
- All reports of bullying are addressed
- The severity of the bullying behaviour will be assessed with appropriate consequences
- Counselling children who have been bullied, the bystanders and the bully using Restorative Justice Practices
- Talking to parents/caregivers

Post Intervention
- Monitoring of students identified through surveys and other reports from students, staff and parents
- Talking with parents or caregivers about strategies
- Reviewing yard duty procedures to ensure they are effective
- Reviewing and evaluating behaviour codes and procedures

What can parents do if their child is being bullied?
If you suspect your child is being bullied, encourage them to talk to you about it.
- Listen carefully and sympathetically for the facts
- Explore strategies with your child, eg:
  - Being more assertive
  - Making other friends who can help
- Decide whether the problem should be discussed with the school
- Contact the school, be prepared to report what has been happening
- You can be assured that the case of bullying you describe will be carefully investigated and dealt with.
- Never dismiss the matter by saying your child must stand up to bullies

www.bullyingnoway.com.au
for more help or call
Kids help line 1800 55 1800
Contact the school on 82968904

At Paringa Park Primary School we work together to address bullying to ensure that all students are able to achieve their personal best by:
- Valuing and respecting each other
- Being responsible for their own behaviour
- Making the best choices
- Learning and playing in a safe and happy environment