

Procedures for dealing with and managing bullying behaviour:

When bullying is reported, the student who is affected wants the bullying to stop and to feel safe at school. The school executive, teachers or Learning Support Team will decide on the appropriate combination of interventions for the individual circumstances of bullying behaviour. No method of addressing bullying has been reported as 100% effective and no one intervention is appropriate in all circumstances of bullying. Often, more than one intervention is needed to be implemented.

Some interventions that may be implemented include:

- Bystander training
- Buddy systems
- Restorative practices
- Mediation
- Assertiveness training
- Traditional disciplinary approach

At Balgownie Public School we are proactive in working with students to ensure incidents are treated promptly and fairly.

- All classes are taught antibullying lessons.
- Students are provided with support and strategies for dealing with bullying.
- Teachers deal with situations as soon as possible and identify incidences of bullying.
- Teachers mediate to resolve minor incidents.
- Teachers record bullying incidents and if the issue is not resolved, refer it to the Executive.
- Students may be interviewed, the incident recorded and a plan of action taken following procedural fairness principles.

The type of bullying will determine the interventions and consequences.

How you can help:

Parents and caregivers can support young people by:

- assisting them to understand and identify bullying behaviour as outlined in the school's Anti-bullying Plan
- responding to incidents of bullying in a manner consistent with the school's Anti-bullying Plan
- work collaboratively with the school to resolve incidents of bullying when they occur.

Students can expect to:

- Know that their concerns will be responded to by school staff
- Be provided with appropriate support
- Participate in learning experiences that promote positive relationships, safety, equity, and address discrimination, bullying and harassment.

Students have a responsibility to:

- Behave appropriately, respecting individual differences and diversity.
- Follow the school Anti-Bullying Plan.
- Respond to incidents of bullying according to our school Anti-bullying Plan.
- Behave as responsible bystanders.

At Balgownie Public School we recognise the role of the bystander as being involved and supportive of the bullying unless they walk away at the start or tell the bully to stop.

Thus they are part of the bullying behaviour unless they intervene, walk away or tell a teacher.

Balgownie Public School

Anti Bullying Plan



Information for Carers

Our school community is committed to providing all students with a caring, supportive and safe learning environment, helping to promote personal growth and excellence by developing confidence and self esteem.

Bullying is unacceptable and will not be tolerated at our school. Every student has the right to expect that he or she will be free from bullying and harassment, both inside the classroom and in the playground.

It is understood that there are a range of strategies used to prevent bullying occurring and to help students if incidents occur. Our school supports a prevention and early intervention approach in relation to student bullying.

We recognise that the best outcomes are achieved when school communities work together to help prevent bullying from occurring, act early to stop any bullying from getting worse and respond in a timely and appropriate way to bullying incidents if they occur.

A Statement of Purpose

Students attend school to participate in quality education that will help them to become self-directed, lifelong learners who can create a positive future for themselves and the wider community.

Any inappropriate behaviour that interferes with teaching and learning at the school or with the wellbeing of students cannot be accepted.

What is Bullying?

Bullying is repeated verbal, physical, social or psychological behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons.

Bullying can involve humiliation, domination, intimidation, victimisation and all forms of harassment including that based on sex, race, disability, homosexuality, or transgender.

Cyberbullying refers to bullying through information and communication technologies.

Bullying behaviour can be:

- **verbal** eg. name calling, teasing, abuse, putdowns, sarcasm, insults, threats
- **physical** eg. hitting, punching, kicking, scratching, tripping, spitting
- **social** eg. ignoring, excluding, ostracising, alienating, making inappropriate gestures
- **psychological** eg. spreading rumours, dirty looks, hiding or damaging possessions, malicious SMS and email messages, inappropriate use of camera phones.

Conflict or fights between equals or single incidents are not defined as bullying.

Students are involved in a six week program to develop effective strategies for dealing with bullying. The following is an outline of the lessons. Please follow up through discussion with your child.

Lesson 1: Bullies and Victims

Students define bullying, bullies and those who can be bullied. They are taught strategies for dealing with bullying including how to STAND up for themselves:

S	Stay Calm
T	Try to Ignore
A	Ask them to stop!
N	Never Fight
D	Duty Teacher

Important: *If physical bullying occurs students must tell a teacher immediately.*

Lesson 2: Standing Up for Yourself

Students are shown three methods in which they can respond to a situation where they are being provoked. This includes 'Cool/Soft/Aggro' methods.

- The **COOL** way involves making a firm request for the provocation to stop OR ignoring it and walking away.
- The **SOFT** way involves giving in and letting it continue to happen to you and showing lack of confidence.
- The **AGGRO** way involves reacting with any or all of the following behaviours:
 - Hitting, punching tripping etc.
 - Using insults and put-downs;
 - Shouting and yelling;
 - Damaging property.

Students learn that acting assertively will be the most productive way to handle provocation.

Lesson 3: Telling someone to STOP annoying you.

- Stay Cool -Stand tall.
- Say their name (if you know it).
- Say firmly, and in a slightly louder voice, something like "cut it out" or "no more." If they do it again, tell them more firmly to cut it out.
- If they keep doing it you can ignore them, walk away or ask an adult for support.

Lesson 4: Ignoring someone who is giving you a hard time

- Stop looking at them.
- Try to keep all the expression off your face – look normal.
- Do something else or talk to others
- If the other person keeps annoying you, STAY COOL AND WALK AWAY.
- If they follow you and keep giving you a hard time you may ask an adult for support.

Lesson 5: Saying 'No'- ES1 and Stage 1.

- Look in their eyes – tell them you don't want to do it.
- Briefly say why – if it's mean or against the rules or dangerous.
- Keep your voice friendly and calm.
- Continue to calmly say no if they continue asking you.

Lesson 5: How can I be an Everyday hero?

- Extend the skill of saying "No" to defining a bystander, the roles they play and the importance of being an effective bystander.

Lesson 6: Cyber Bullying – Stage 2 and 3.

- Passwords, acceptable communication using the internet, ethical online behaviour.
- Defining cyber bullying and awareness that personal actions may contribute to cyber bullying. To ask for help if victimised.

