

BULLYING AND HARRASSMENT

Bullying is when someone intentionally and repeatedly hurts or frightens another person. It occurs when people use or abuse power to trouble, annoy or harass another person. Bullying can be verbal, physical, social or psychological.

You can control what happens.	POSSIBLE SIGNS AND SYMPTOMS OF BEING BULLIED	At Jasper Road Public School we support students through
For example, bullying occurs when a person ...	There is no particular pattern. A victim may	
<ul style="list-style-type: none"> ▪ Is called names; ▪ Is threatened; 	<ul style="list-style-type: none"> ▪ Have unexplained cuts and bruises; ▪ Have equipment or personal items hidden, damaged, stolen or destroyed 	<ul style="list-style-type: none"> ▪ An active Student Welfare Committee ▪ Encouraging students to employ strategies taught during the STOP, THINK, DO Anti Bullying Program
<ul style="list-style-type: none"> ▪ Is put-down; ▪ Is teased in an unkind way; 	<ul style="list-style-type: none"> ▪ Complain of vague headaches, stomach aches or feeling sick; ▪ Wet the bed, bite nails, have poor sleep patterns and bad dreams; 	<ul style="list-style-type: none"> ▪ Promoting an anti-bullying ethos within the school ▪ Creating positive classroom environments
<ul style="list-style-type: none"> ▪ Is ridiculed; ▪ Has property hidden, damaged, stolen or destroyed 	<ul style="list-style-type: none"> ▪ Exhibit unusual emotional outbursts or mood swings; ▪ Withdraw from friends or family; 	<ul style="list-style-type: none"> ▪ Consistently rewarding positive behaviour and effort ▪ Classroom-based Personal Development Programs
<ul style="list-style-type: none"> ▪ Is physically hurt; ▪ Has graffiti written about him or her; ▪ Is left out; 	<ul style="list-style-type: none"> ▪ Appear anxious, insecure, sad, teary, depressed, secretive; ▪ Have low self esteem; 	<ul style="list-style-type: none"> ▪ The Child Protection Program ▪ The Drug Education program ▪ The Peer Mediation Program
<ul style="list-style-type: none"> ▪ Is sent hurtful notes; ▪ Is singled out for unfair treatment; ▪ Is picked on; 	<ul style="list-style-type: none"> ▪ Display an unwillingness to go to school; ▪ Sit alone in class or be alone in the playground; 	<ul style="list-style-type: none"> ▪ Formal class meetings ▪ A kindergarten buddy system ▪ Developing positive Student Leadership roles
<ul style="list-style-type: none"> ▪ Has rumours spread about him or her; And /or ▪ Is stalked or given dirty looks 	<ul style="list-style-type: none"> ▪ Change friendship groups frequently; ▪ Come home hungry (because lunch money or food has been taken); 	<ul style="list-style-type: none"> ▪ An active Learning Support Team ▪ Stage awareness-raising of welfare issues ▪ An active P&C and its subcommittee
If someone is bullied he /she	<ul style="list-style-type: none"> ▪ Want extra money without reason; ▪ Show/deterioration in school work; 	<ul style="list-style-type: none"> ▪ An active SRC ▪ A Values Education program ▪ Relevant presentations by visiting performers
<ul style="list-style-type: none"> ▪ May be confused and not know what to do about it; ▪ May feel sad, frightened, unsafe, sick, angry, embarrassed, unfairly treated 	<ul style="list-style-type: none"> ▪ Avoid participating. 	<ul style="list-style-type: none"> ▪ Teachers being presented with current knowledge in behaviour management
<ul style="list-style-type: none"> ▪ Can have it affect school work; and ▪ Can have it affect family and friends. 		

You can control what happens by following the action plan:

If you are being bullied or harassed in the playground.

- Take a deep breath,
- Look directly into the eyes of the person attempting to bully you,
- Speak in a firm, clear voice and say loudly, “**Stop** that, I don’t like it!”
- **Go** directly to your teacher (or the teacher on duty if you are in the playground) if the attempts to bully you don’t stop and report what happened.
- **Tell** a friend if you need to.
- Be **honest** and **accurate** when telling about the bullying.

Any further incidents of bullying or threatening behaviour by the same person may result in him/her ...

- Having privileges such as play withdrawn
- Having parents contacted by the school and informed of the bullying behaviour
- Following procedures outlined in the school’s discipline policy such as detention and suspension
- Being referred to the school counsellor

If you witness bullying behaviour always challenge or report it.

**Remember ...it’s up to you!
Take control of the situation**

When student, parents and staff work together we create a safe and caring environment

Students! You can control what happens by:

- Following the action plan,
 - Not retaliating with physical or verbal bullying
- Telling someone, preferably an older person

Parents! You can control what happens by:

- Watching for signs of distress in your child
- Listening to your child
- Giving assurance and support
- Discussing the action plan with your child
- Advising your child to tell a staff member
- Informing your child’s class teacher of suspected bullying
- Attending interviews at school
- Not taking actions into your own hands

Staff! You can:

- Be role models in words and actions
- Ensure students feel
 - Safe and valued in the classroom
 - Are listened to no matter how trivial it may first appear
- Be observant of signs of distress or suspected incidents of bullying
- Encourage students to ask for help when needed
- Report bullying to a member of the executive
- Promote bullying awareness through classroom programs

The school! You can:

- Monitor the extent of bullying on a regular basis through a review of data gathered about student behaviour and consultation within the school

Feeling safe and valued

At

Jasper Road Public School

**Our school community is
committed to providing a**

safe and secure environment

promoting

personal growth and

excellence in all students by

developing confidence and

self esteem, and where

inappropriate behaviour such

as bullying will not be accepted

“Strive to Achieve”