

What do we do at Vale Park Primary to reduce bullying?

If an incident of bullying happens we use prevention, intervention and post-intervention strategies.

Prevention strategies include:

- Using the Child Protection Curriculum and our Growing For the Future program to teach students about respectful relationships, inclusion, empathy, compassion and our school values
- Developing programs to help students participate and have a say in their learning
- Teaching children about conflict resolution, anger management and problem-solving
- Developing policies which promote student safety and co-operation
- Teaching for and about diversity through respect, friendship and fun
- Providing professional development for staff

Intervention strategies include:

- Counselling students who have been bullied and the person displaying bullying behaviour
- Talking with parents and caregivers about the situation and our school values
- Putting consequences in place for those who bully others
- Teaching students proactive strategies for being better upstanders
- Ensuring all staff know how to address bullying effectively and respectfully

Post-prevention strategies include:

- Monitoring the situation to ensure student well-being and safety is being maintained
- Talking with parents and caregivers about strategies
- Reviewing existing policies to make sure they are effective

At Vale Park Primary we believe that:

- Everyone has the right to be safe so they can learn and have fun
- We can help ourselves to be safe by talking to people we trust
- We care for and help others to be safe by being willing to make more friendship groups
- Bullying is the systematic abuse of power
- Bullying is not simply about difference. It may occur because of people's inability to accept and value difference
- Bullying is any form of discriminatory behaviour including racial or sexual harassment
- Bullying is everyone's business
- We all have a responsibility to help stop bullying

Some signs that a student is bullying may be:

- Unexplained cuts, bruises or scratches
- Damaged or ripped clothes
- Vague headaches or stomach aches
- Refusal to go to school
- Asking for extra pocket money or food
- Tearfulness, anxiety or difficulty sleeping
- Hiding information on mobile phones, emails or in comments on their social networking pages



If you would like further information about bullying or would like to know anything else about our school, please contact us on 8261 3733

VALE PARK PRIMARY



ANTI -BULLYING POLICY



At Vale Park Primary School everyone has the right to be safe so they can learn and have fun. We are committed to providing an environment that fosters our school values of

Respect
Achievement
Participation

A DEFINITION OF BULLYING

Bullying is deliberate, harmful gestures, words or actions which are often repeated over time and perpetrated against those who do not have the power to stop it. Bullying can be physical, verbal, emotional, sexual, racial, cyber and social.

Examples of bullying are:

- Being ignored or left out on purpose,
- Name calling, ganging up on others, teasing, being made fun of in a mean and hurtful way when you have been asked to stop
- Physical intimidation, invading personal space and threatening others
- Being repeatedly hit, kicked or pushed around
- Telling lies, spreading rumours about others, putting conditions on friendship
- Staring, giving someone mean looks or gestures
- Forcing someone to do things they don't want to do
- Removing, hiding or damaging others' belongings
- Trying to get other students to not like someone
- Cyber bullying- engaging in identity theft or trolling someone on social network sites

What can you do about bullying?

If you are bullied or you know someone who is being bullied it is your responsibility to report it.

Who to report to

Tell your teacher, friend, another staff member, the principal or deputy principal. Tell your parents or caregivers too.

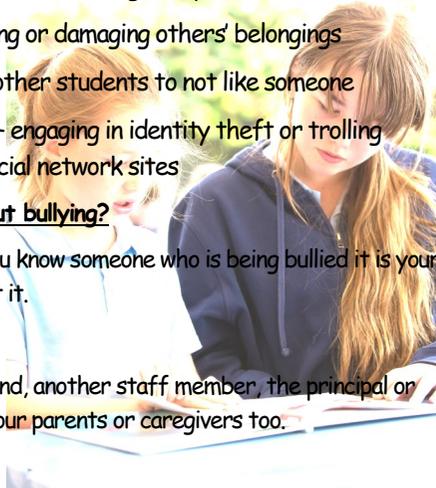
How to report

Immediately tell an adult what is happening, and what you have done to try to stop it happening. Complete a bully audit form.

When to report

Report the bullying as soon as it happens, do not ignore it. When bullying is ignored it may get worse.

Persist until the situation is resolved. Keep reporting.



ANTI BULLYING ACTION PLAN

Be Assertive: stand up for yourself in a positive way. If you look confident when you respond, the person who is bullying will know you mean what you say. *"I don't think the comments you're making are funny."*

Use humour: this can be effective in teasing situations (verbal bullying), but may not be appropriate for every situation. A strategy to use is to agree with them.

"Your hair is disgusting!"

"Thank you, that is very nice of you to notice."

Avoid the situation: stay away from the people who bully you or the place where it happens. Find ways to be around more positive people. i.e. join lunch time activities.

Ignore the bullying: walk away and use positive self talk to help boost your confidence. e.g. *"I don't deserve to be treated like this. I'm not the one with the problem."*

Ask for help: when other strategies you have tried are not working or you feel you can not deal with situations yourself, you should ask for help. Asking for help is not dobbing.

Persist until the situation is resolved.

WHAT CAN UPSTANDERS DO?

An upstander is someone who sees the bullying or knows that it is happening to someone else and will do something to stop it. If you see someone being bullied you could:

- Ask a teacher or support person for help
- Let the person displaying bullying behaviour know what they are doing is bullying
- Refuse to join in with the person who is bullying and walk away
- Support the person who is being bullied. Walk up to them and invite them to come play with you and your friends.

What do we do about incidents of bullying?

We form trusting relationships where we:

- listen and talk to both the person who has been bullied and also the person who has bullied others.
- put negotiated consequences in place for the person who has been bullying others. These may include family counselling meeting, office time out, suspension or exclusion. [Consequences may vary depending on what happened]
- support the person who has been bullied and the person using bullying behaviour
- use a process to help everyone involved co-operate to improve their relationships with others

What does 'bully free' look like?

- Students co-operate and include others in activities
- students help each other by showing respect
- Students feel safe to learn in an environment where it's OK to take risks
- Students trust their friends to display honesty at all times
- Everyone's values and opinions are respected, valued and listened to

Resources of bullying can be found at

- www.ncab.org.au
- www.bullyingnoway.com.au
- www.cybersmart.gov.au
- www.kidshelp.com.au

