

## NO ONE HAS THE RIGHT TO BULLY ANYONE

Children who are bullied feel frightened and powerless. They sometimes blame themselves. Being bullied can seriously harm self-esteem and prevent successful learning.

It is important that the victim takes the appropriate action to stop the bullying.

Ignoring the bullying behaviour is only a short-term strategy. If the bullying continues more than a few days some other action needs to be taken.

Avoiding the situation by going to another school may not solve the problem as there are bullies everywhere.

Responding to bullying by retaliation or with violence rarely solves the problem and often gets the victim in more trouble with other students and with the school discipline code. The school will not tolerate violence no matter what the reason.

The most empowering action is to tell someone at the school, and work with the school staff to solve the problem.

## WHAT WILL THE SCHOOL DO IF BULLYING IS REPORTED?

- Assure him/her that the problem will be addressed and then provide ongoing support
- Investigate the problems raised
- Treat everyone involved with fairness
- Take action that is appropriate to the particular circumstances – this may be:
  - Mediation
  - Disciplinary action
  - Warnings
  - Social skills lessons
  - Counselling
  - Parental involvement

### IF YOUR CHILD IS BEING BULLIED tell him/her ...

- It is not his or her fault
- He or she has the right to feel safe and happy
- He or she has the right not to be bullied
- It is all right to walk away
- It can be stopped
- It is all right to tell the school staff
- By acting on the bullying you are also protecting other

☺ End bullying! It hurts everyone

## BUNGENDORE

## PUBLIC SCHOOL



PUBLIC SCHOOL

# ANTI BULLYING INFORMATION

### For Parents

Building a strong partnership between our school and parents to improve learning outcomes for all our students

### Our Aims

To provide a safe secure environment for students at BPS.

To assist student to be tolerant, cooperative and resilient students.

This school does not tolerate bullying, harassment or intimidation of any form.

**BULLYING CAN BE STOPPED**

**Don't Obey Bullies (DOB)**

## WHAT IS BULLYING?

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

Cyberbullying refers to bullying through information and communication technologies.

Conflict or fights between equals or single incidents are not defined as bullying. (NSWDET 2011)

Bullying is a deliberate attempt to make your child feel uncomfortable, unhappy or unsafe.

To help your school be a safe and happy place for your child, it is important that you work with the school to solve any bullying problem.

Bullies can be anywhere...at school, at work, even neighbours. It is important that your child learns to deal with bullies.

Bungendore Public School has zero tolerance for bullying. But remember, if we don't know about it, we can't help.

### Bullying can be ...repeatedly

- Giving nasty looks
- Making rude gestures
- Calling names
- Being rude and impolite
- Spreading stories and rumours
- Teasing
- Keeping someone out of a group
- Acting in an unpleasant way near someone
- Hurting someone physically
- 'Mucking about' that goes too far
- Harassment
- Any form of discrimination based on disability, gender, race or religion.



## WHAT YOU CAN DO TO HELP

- Assure your child that the problem will be addressed
- Let the school know that your child is being bullied by contacting your child's class teacher, Assistant Principal or Principal
- Remain calm at all times, especially in front of your child
- Communicate and co-operate with the school until the problem is solved
- Bullies often have poor social skills and sometimes do not know how to behave towards others in a positive way
- Develop your child's sense of humour and tolerance of others
- Ensure your approach is kept positive. The last thing your child would need is to see you take a 'bullying' approach and compound the situation.
- Positively reinforce your child's self-esteem and sense of self worth
- Develop your child's social skills by teaching him or her to share and to co-operate with others in group situations.