

A ZERO TOLERANCE TO BULLYING

Anti-Bullying Plan

(Reviewed March 2016)



The United Nations Charter states that:

Every child is entitled to an education.

Every child is entitled to be safe.

**Each of us has a responsibility to reduce aggression
and violence in our society.**

OUR ZERO TOLERANCE TO BULLYING.

It is our belief that all students have the right to feel safe and secure within the School environment. We strive to provide an environment which caters for the needs of all students and fosters positive values, attitudes and relationships.

Bullying within the Glendore Public School community will **NOT** be tolerated.

What is Bullying?

Bullying is defined as intentional, repeated behaviour by an individual or group of individuals that causes distress, hurt or undue pressure.

These might be:

- Verbal: name calling, teasing, abuse, putdowns, sarcasm
- Physical: kicking, scratching, spitting, hitting, punching
- Social: ignoring, excluding, ostracising, alienating
- Psychological: spreading rumours, sending inappropriate SMS, email messages and via other cyber related technologies

What Are The Signs?

Bullying may be very hard to see. It usually happens out of sight, away from other teachers and adults. Some tell-tale signs may include:

- Bruises, scratches or cuts that your child can't really explain
- Torn or damaged clothing
- Damaged or missing belongings
- Headaches, stomach aches and other pains that the child can't explain
- Unexplained tears or depression
- Unusual outbursts of temper
- Not wanting to go to school
- Not wanting to play with friends
- A decline in the quality of school work

Strategies For Dealing With Bullying

Staff members at Glendore Public School are aware of the signs of bullying. Our Student Welfare Policy and practices reinforce continually to students the strategies they need to utilise to act against and report on bullying.

Students are aware of the availability of staff members to assist them if they need to deal with bullying, should it arise.

1. As a first step it is usually best to:

- Encourage the child to talk through it, as far as he or she wants to, to get the basic facts
- Try to keep an open mind, remembering you are hearing one part of the story only
- Ask questions gently
- Help the child reflect on what has been done so far
- Help the child work out what could be done

2. As a parent try not to:

- Get angry or upset
- Make the children think it is not important
- Blame other children or the School
- Accuse people without knowing the facts
- Look for scapegoats
- Demand to know all the details at once

3. Some important next steps to consider:

- Never try to sort out the bullies yourself, this often makes matters worse
- Once you have a clear picture of the situation, make an appointment to see someone at the school or let them know via phone
- Present the information you have
- Do it in a way that makes it clear to the School that you see yourself and the School as partners in trying to fix the problem
- Work in partnership with the School and keep in contact as necessary
- The School will need time to investigate matters and talk to teachers, other students and the students involved.

4. *Helping Your Child Cope*

- If the bullying is happening on the way to or from school, see if your child can go a different way or join up with other children. This may help while the situation is being sorted out.
- If your child finds it hard to make friends, invite school friends home to strengthen the relationships from school
- Make sure that your child knows that it is OK to tell someone when bullying happens – that it is not “dobbing”

Advice for Students - HOW TO HANDLE PEOPLE WHO BULLY YOU

- Participate in your class's student welfare lessons
- Tell the person who is annoying you to leave you alone and walk away
- Ignore them and go find a friend to play with
- Tell your teacher, the teacher on duty, the Assistant Principal, the Principal, your parents or carers
- Don't fight back, name-call or swear

CONSEQUENCES OF BULLYING AT GLENDORE PUBLIC SCHOOL

(Some or all may apply in any order)

- Incident investigated and documented by the teacher, Assistant Principal or Principal
- Restitution – apology to victim, understanding effects of actions on victim, meeting with students involved.
- Loss of play and privileges on a red spot or other timeout area
- Discussion of strategies in the You Can Do It room
- Planning room with a letter home
- Parents informed of bullying incident and an interview, if required
- Placement on Playground Plan
- Counselling or social skills training
- Possible Suspension or Expulsion from School

INFORMATION FOR PARENTS, IF YOUR CHILD IS BEING BULLIED

- Listen to your child, stay calm and assure them that it is not their fault.
- Give your child some appropriate strategies to cope.
- If your child is different in some way, help them to have a good self-image.
- Let the School know – talk to the Class Teacher.
- If the problem continues, see the Assistant Principal or Principal

We want to keep our School a safe and happy place for everyone!

Remember NO – Go - Tell