

POLICY – BULLYING AND HARASSMENT

Everybody has the right

- to feel happy and safe
- to learn without being bullied or harassed
- to be the best they can be



<u>Definitions</u> Source: Safer DECD schools	<u>A few examples</u>
<p>Bullying is repeated verbal, physical or social behaviour that is harmful and involves the misuse of power by an individual or group toward one or more persons. <i>Conflict or fights between equals and single incidents are not regarded as bullying.</i> Bullying in any form or for any reason can have long-term effects on those involved, including bystanders.</p>	
<p>Physical Bullying includes harassment like name-calling or stalking, and can also entail more violent behavior such as physical abuse, hitting or intimidating.</p>	<ul style="list-style-type: none"> • Hitting • Spitting • Looks or stares
<p>Verbal or Written Bullying is a means of using words in a negative way such to gain power over someone else's life.</p>	<ul style="list-style-type: none"> • Teasing • Put downs, insults • Spreading rumours
<p>Cyber Bullying is bullying which uses e-technology as a means of victimising others. It is the use of an internet service or mobile technology with the intention of harming another person. <i>It can be shared widely with a lot of people quickly, which is why it is so dangerous and hurtful.</i></p>	<p>Communication to</p> <ul style="list-style-type: none"> • Intimidate • Control • Manipulate • Put down • Humiliate
<p>Sexual Harassment is unwelcome sexual conduct, which makes a person (male or female, of the same or opposite gender, same-sex attracted, bisexual or transgender) feel offended, humiliated and/or intimidated, where that reaction to the conduct is reasonable in the circumstances. Sexual harassment can be a single incident, repeated or continuous.</p>	<ul style="list-style-type: none"> • Inappropriate suggestions, conversations or comments • Inappropriate touching, hugging, kissing etc.

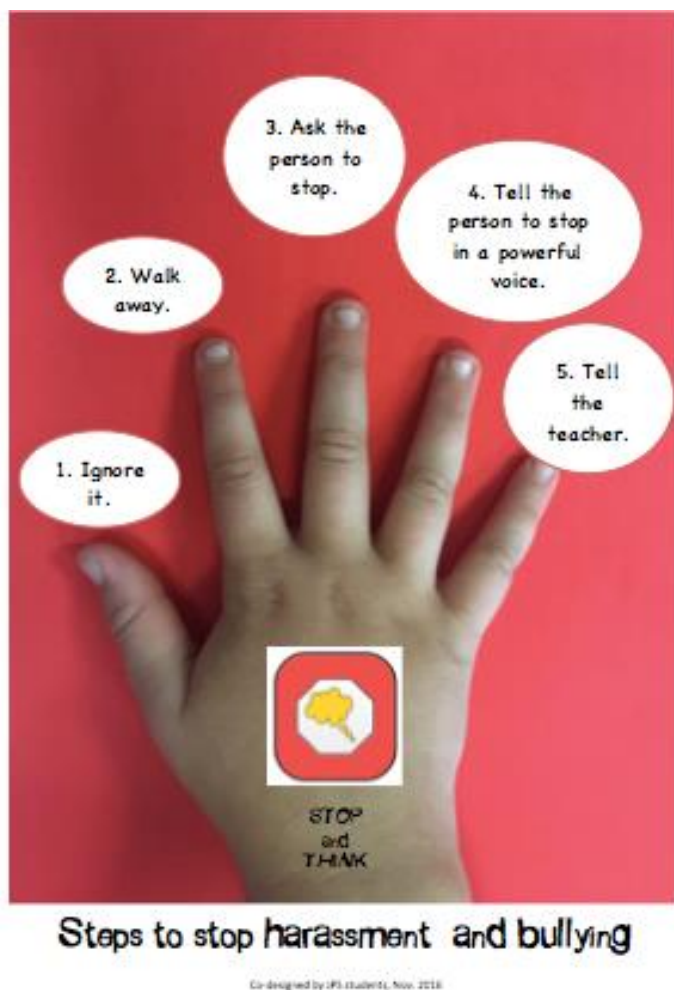
Be an upstander


- Respect other's differences
- Refuse to be a bystander/Be a role model
- Be kind and help others who are being bullied

Upstanders move from
silence to action.

Upstanders help to stop
the problem.

STEP 1-Do something about the bullying.
Here are the HAND & STAND steps YOU can take.



 S	tand tall and walk in a way that shows you deserve respect. Your body language can help you from being a target.
T	ell an appropriate adult Responsible reporting is a way to help solve problems.
A	void being in harms way Getting away from a dangerous situation is not being a coward; it is being smart.
N	o- say NO to the bully's demands from the start (If you are in physical danger, go along until you can report it)
D	o the right thing Stop & Think, Be kind, Stand up- Speak up.

*Adapted from infographic by BullyEpidemic.com with a student group
SOURCE: www.bullyproof.org/bullyproof_stand.php*

Remember bullies will continue if you do nothing about it!

Another way we work together to make our school bully free is through acts of kindness.

What will teachers do

- Teach the Child Protection Curriculum
- Help you to develop strategies to deal with harassment/bullying, conflict and anger
- Support you to bounce back and be resilient
- The teacher will record the harassment
- Provide follow up and consequences

What else could happen

- We will work through the School's Behaviour Management process
- Contact Parents
- At the discretion of the school Principal and staff continued bullying and harassment will result in suspension

Other places to go to get help

- <https://bullyingnoway.gov.au/>
- www.thinkuknow.org.au
- <http://au.reachout.com/>
- Kids Helpline 1800 551 800
- Parent Helpline 1300 364 100
- Murray Mallee General Practice Network 85311303
- Headspace Murray Bridge 85312122
- www.youthbeyondblue.com
- SAPOL (SA Police)