



POLICY – BULLYING AND HARASSMENT

Everybody has the right to feel happy and safe, to learn without being bullied or harassed and to be the best they can be.

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. Conflict or fights between equals and single incidents are not regarded as bullying.

Bullying in any form or for any reason can have long-term effects on those involved, including bystanders.

Definitions Source: Safer DfE schools

A few examples

Physical Bullying includes harassment like name-calling or stalking, and can also entail more violent behavior such as physical abuse, hitting or intimidating.	<ul style="list-style-type: none"> • Hitting • Spitting • Looks or stares
Verbal or Written Bullying is a means of using words in a negative way such to gain power over someone else's life.	<ul style="list-style-type: none"> • Teasing • Put downs, insults • Spreading rumours
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>	Communication to <ul style="list-style-type: none"> • Intimidate • Control • Manipulate • Put down • Humiliate
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.	<ul style="list-style-type: none"> • Inappropriate suggestions, conversations or comments • Inappropriate touching, hugging, kissing etc.

Here are some Steps you can take to do something about bullying:

1. Ignore it
2. Walk away
3. Ask the person to stop
4. Tell the person to stop in a powerful voice
5. Tell an adult

Be an **UPSTANDER**

- Respect other's differences
- Be a role model
- Be kind and help others

Other places to go for help:

- <https://bullyingnoway.gov.au/>
- www.thinkuknow.org.au
- <http://au.reachout.com/>
- Kids Helpline 1800 551 800
- Parent Helpline 1800 951 779
- Murray Mallee General Practice Network 85311303
- Headspace Murray Bridge 85312122
- www.youthbeyondblue.com
- SAPOL (SA Police) 8535 6020

What teachers will 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

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**.