

Dudley Public School Anti-Bullying Strategy

Rationale

It is this school community's belief that all students should feel safe and valued whilst in the care of staff at Dudley Public School. Bullying or harassment in any form is not acceptable behaviour at this school. The staff supports a prevention and early intervention approach in relation to student bullying.

Definition

Bullying is the intentional, repeated behaviour by an individual or group of individuals that causes distress, hurt, undue pressure or a feeling of being unsafe.

Bullying behaviour can be:

- **Verbal** - eg name calling, teasing, abuse, humiliation, sarcasm, insults, threats, asking for money
- **Physical** - eg hitting, punching, kicking, pushing, scratching, tripping, spitting
- **Social** - eg ignoring, excluding, ostracising, alienating, rude gesturing
- **Psychological** - eg spreading rumours, glaring, sneering, invasion of personal space, hiding or damaging possessions, writing malicious notes or graffiti, malicious SMS and email messages, inappropriate use of camera phones.

Cyber Bulling

Cyber bullying can involve:

Use of fixed and mobile phones by:

- Making unwanted phone calls
- Text and picture messaging
- Video clips
- Sending unwanted letters, emails

Use of internet services such as:

- Email
- Chat room
- Discussion group or forum
- Instant messaging
- Social networking websites such as Bebo, Facebook, MySpace, Skype, Minecraft, YouTube

What should I do if I am being bullied?

- Take a deep breath
- Stand up straight
- Look the person in the face
- Speak firmly and politely and say:
 - ★ “Stop that. I don’t like it.”
 - ★ “Stop it now”
 - ★ “You are being a bully”
 - ★ “I’m going to report you”
- Move away
- Report incidents of Cyber bullying
- Do not delete or forward any phone or internet records.

If I see or hear of any bullying, what should I do...

- Refuse to be involved in bullying
- Do not encourage others to be a bully
- Do not be a spectator to bullying
- Speak out or go and get help
- Report the bullying, it is not “dobbing”. You are being a responsible person
- Report incidents of Cyber bullying
- Talk to the person being bullied and encourage them to report it
- Tell someone who can help
 - ★ Your teacher
 - ★ Another teacher
 - ★ A school leader
 - ★ A friend
 - ★ Your parents

Everyone at Dudley Public School is responsible for eliminating all forms of bullying therefore:

Teachers will:

- Act as role models of caring and tolerant behaviour.
- Listen to reports of bullying.
- Endeavour to protect the victim from further harm.
- Act to prevent the behaviour reoccurring.
- Give strategies to victims to empower them.
- Mediate between the two parties when appropriate.
- Record all reported incidents in the blue folder for the playground.
- Maintain a record in their class behaviour book for both bullies and those being bullied.
- Report all bullying to the Welfare Team in the first instance and then the Executive if further follow up is needed.
- Explicitly teach bullying awareness.

Students who are being bullied will be:

- Encouraged to speak to a teacher giving full details of the event.
- Encouraged to develop and speak to a network of teachers and friends.

Students who witness bullying will:

- Intervene if they can safely stop the bullying.
- Immediately seek teacher help if they can't stop the bullying.
- Report all incidents of bullying to a teacher.

Parents will:

- Listen sympathetically to reports of bullying.
- Contact the school to arrange an appointment.
- Work with the school to find a solution.

The School will:

- Keep records and monitor bullying incidents.
- Inform parents of any child who is involved in persistent and / or serious bullying incidents.
- Protect and support victims of bullying to eliminate the likelihood of them being bullied again.
- Work with parents of the victim to give their child strategies to avoid being bullied.
- Work with the parents of the bullying child to establish joint strategies to assist the child in making appropriate behavioural choices.
- Assist the child who is choosing to bully someone to change his/her behaviour.
- Require the child who is choosing to bully someone to take part in individual counselling with the principal, executive teacher or school counsellor should further transgressions occur.
- Remove any child who continues to bully others from the playground and or school for a required period of time should there be no change in his/her behaviour.
- Programs utilised will include buddy and peer support programs, mentoring, sorting out and conflict resolution programs.

Anti-bullying Information for Parents

The Department of Education and Communities recognises that schools exist in a society where intimidation and harassment occur. Students have the right to expect that they will spend the school day free from the fear of bullying, harassment and intimidation. Bullying is a serious matter and is not acceptable in any form.

Bullying can be defined as the intentional, repeated behaviour by an individual or group of individuals that causes distress, hurt, undue pressure. It can involve all forms of harassment (including sex, race, disability, homosexuality or transgender), humiliation, domination and intimidation of others.

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- **Psychological** - eg spreading rumours, glaring, hiding or damaging possessions, malicious SMS and email messages, inappropriate use of camera phones.

Bullying can devalue, isolate and frighten young people. It has long-term effects on those engaging in bullying behaviour, those who are the subjects of bullying behaviour and the onlookers or bystanders.

All schools develop, implement, monitor and review anti-bullying plans as consistent with the Department of Education and Communities Anti-bullying Plan for Schools. The plan recognises that teachers, students, parents and caregivers and members of the wider community have a responsibility to work together to address bullying. It provides information for school community members to identify bullying behaviours and provides clear procedures to report bullying.

The Anti-Bullying Plan includes strategies utilised by the school to deal effectively with bullying behaviour. Schools implement strategies which best reflect individual school needs.

Parents and caregivers can support young people by:

- Assisting them to understand and identify bullying behaviour as outlined in the school's Anti-bullying Plan
- Responding to incidents of bullying in a manner consistent with the school's Anti-bullying Plan
- Supporting all students in the school to deal effectively with bullying through strategies in the Anti-Bullying Plan

More information can be found at

<http://www.schools.nsw.edu.au/studentssupport/studentwellbeing/anti-bullyingpolicy.php>

IF you would like more information about your school's Anti-bullying Plan, please make an appointment with the school principal.