

## **THE IMPORTANT ROLE OF PARENTS**

### **Parents, you can help by:**

Showing interest in your child's school, social, sporting and cultural life.

Having a warm, friendly home environment where your child is encouraged to bring friends home.

Discussing the school's expectations about behaviour and how best to deal with bullying.

Being observant and looking out for the tell-tale signs that something is wrong.

Informing the school if you become aware of any bullying incident so it can be stopped.

**All students who attend Swanbourne Primary School have a right to feel safe!**

**Swanbourne Primary School does not tolerate bullying.**

## **SANCTIONS & SCHOOL RESPONSES TO BULLYING**

We need to identify those who harass others as well as the victims of bullying in order to help them.

Classroom teachers will deal with minor incidents but when necessary members of the admin team or the School Psych will become involved.

Where children are bullied we need to work to solve the problem. Very often the problem can be resolved with counselling and a "No Blame" approach but where necessary punishments will be used.

**REMEMBER, BULLYING IS SERIOUS.  
LET'S WORK TOGETHER AT SWANBOURNE TO STOP IT.**

# **SWANBOURNE PRIMARY SCHOOL**



# **POLICY STATEMENT ON BULLYING**

## WHY A POLICY?

All children should be able to feel safe and valued in our school community.

Therefore, the teachers at Swanbourne have produced a policy to ensure that proper standards of self-discipline are maintained.

## BULLYING IS SERIOUS

### BULLYING IS NOT OKAY

It is not an accepted part of "Growing up". Swanbourne Primary School does not tolerate any form of bullying.

## WHAT IS BULLYING?

Bullying is any wilful, conscious behaviour intended to hurt another person.

It is not just physical. It is emotional as well as social.

## FORMS OF BULLYING

### BULLYING MAY TAKE MANY FORMS INCLUDING:

- Making hurtful and racist comments.
- Commenting on social/family backgrounds.
- Referring to religious beliefs and practices.
- Picking on others.
- Unwanted touching, hitting, teasing, abusing and mocking.
- Spreading rumours.
- Attempting to intimidate, threaten or belittle.
- Deliberately excluding.
- Taking or damaging property.
- Sending hurtful notes.



## WHAT TO DO IF YOU ARE BEING BULLIED

**If you are being bullied you should take appropriate action and not just accept it.**

- First and foremost you should believe in yourself.
- You have the right to feel safe and valued.
- Try not to retaliate by becoming a physical or verbal bully yourself.
- You could try to ignore the bullying. If you show that you are not upset, the bully may stop.
- Tell the bully to "quit it" or "get lost" or "cut it out".
- Laugh it off; use humour.
- Don't be afraid to talk about it with your friends or family.
- You could talk to some of the older students at school. They can help you decide how to handle the situation.
- Build your own protection by establishing friends.
- Be smart about avoiding high risk places and times.
- Stop doing that which makes you a target.
- There are many adults at school who want to help you too; perhaps you could talk to your teachers, the Deputies or the Principal. They can help you decide how to handle the situation or they can take action.

## IF YOU WITNESS A BULLYING INCIDENT

If you witness someone being bullied, we hope you care enough to want to help.

We all need to work together if we are going to stop bullying in our school.

### You should:

- Offer friendship and support to the victim, encouraging them to get help from an adult or family member.
- If possible, intervene while the bullying is happening by saying "leave him/her alone" or "cut it out".
- Report the incident to a teacher or parent as soon as you can. Don't be afraid to come forward as you can speak in privacy and your identity will be kept anonymous if you desire.

**It is against the law to victimise witnesses or complainants.**

## TELL-TALE SIGNS OF BULLYING

- A sudden unwillingness to attend school.
- Declining academic performance.
- A decline, or total loss of self-confidence.
- A lack or loss of interest in social events.