

# **Mayrung Public School**



# **Anti Bullying Policy**

Updated 2009

# Anti Bullying Policy

## Purpose

- To recognize harassing and bullying behaviours and understand why and how they happen in order to deal with them effectively and prevent future incidents.

## Rationale

Bullying is anti-social. It has no place at Mayrung Public School

Mayrung Public School is committed to providing a safe and caring environment, which fosters respect for others.

It is the responsibility of every member of the school community to be proactive in ensuring that bullying is not tolerated.

This policy will:

- define bullying,
- identify strategies for all members of the school community to prevent and combat bullying within the school,
- outline the schools process of responding to bullies and bullying.

## Definitions

Bullying involves the inappropriate use of power by one or more person over another less powerful person or group. It can be verbal, physical, social or psychological. It is intentional and on going.

Bullying can take many forms.

### *Physical*

- hitting, kicking, punching,
- pushing, shoving, spitting, throwing objects, scratching, tripping,
- making rude gestures,
- taking or damaging something which belongs to someone else,
- forcing others to hand over food, money or something else which belongs to them,
- making someone do something they don't want to do.

### *Verbal*

- name calling,
- teasing,
- threatening,
- making fun of someone because of their appearance, physical characteristics, gender or cultural background (including racist and sexist comments),
- making fun of someone's actions.

## Definitions cont...

### *Psychological*

- excluding others from the game or group,
- spreading untrue stories about others,
- being sent hurtful notes,
- having graffiti written about them on desks, books, computers etc,
- ignoring,
- cyber bullying (hurtful SMS or email, inappropriate use of camera phone).

### *Social*

- spreading rumours,
- Exclusion: deliberately leaving someone out of an activity or ignoring/avoiding someone.
- stalking,
- negative body language,
- hiding or damaging possessions.

## Aim

To adopt a whole school approach to the management of bullying.

## Outcomes

- the school is an environment where everyone is free from harassment,
- everyone has the responsibility to support more vulnerable peers,
- classrooms are free from ridicule, harassment and isolation,
- bullies are encouraged to change their behaviour by processes of support and education,
- cooperation and tolerance between all members of the school community will be promoted,
- all students will display positive social skills,
- Students will report if they or others are being bullied,
- improved communication between students, parents and staff to develop procedures and practices to successfully manage incidents of bullying.

## Policy Implementation

Bullying is antisocial. It has no place at Mayrung Public School. It is the responsibility of every member of the school community to be proactive in ensuring that bullying behaviour is rejected.

### **At Mayrung Public School we will:**

- openly talk about bullying - what it is, how it affects us and what we can do about it,
- teach our children the skills that will build their self-esteem and empower them to take the responsibility for themselves - and give them the opportunity to practise these skills,
- formulate a policy that clearly states what actions we will take to deal with bullying behaviour,
- support victims.

### **We will do this using the following strategies:**

- explicit teaching - activities focusing on social skills, raising self esteem and addressing conflict resolution are a part of the school curriculum in Health and Personal Development, Bullying Units taught in conjunction with the Life Ed program, Student Parliament and Class Meetings.
- Our Peer Support Program provides leadership opportunities for every student and thereby builds self esteem. It provides a forum for individual and group concerns and encourages every student to contribute to making our school a safe and happy place.
- Class Meetings provide the primary students with the opportunity to speak up about problems and provide solutions.
- newsletters provide explanations of what bullying is, and remind the school community that bullying is not acceptable,
- assembly reminders,
- explicit teaching of School Values - using established shared thoughts of rights, responsibilities and acceptable behaviour.
- provide professional learning for teaching and non - teaching staff, members of the community.
- distribute Anti Bullying - A Guide for Families pamphlet to the school community.

### **Reporting of Bullying**

Children and their parents can report incidents of bullying to any teacher or the principal. The staff will be responsible for implementing the program and ensuring that incidents of bullying are dealt with in a manner consistent with the policy.

## **Responsibilities**

### **Responsibilities of Staff**

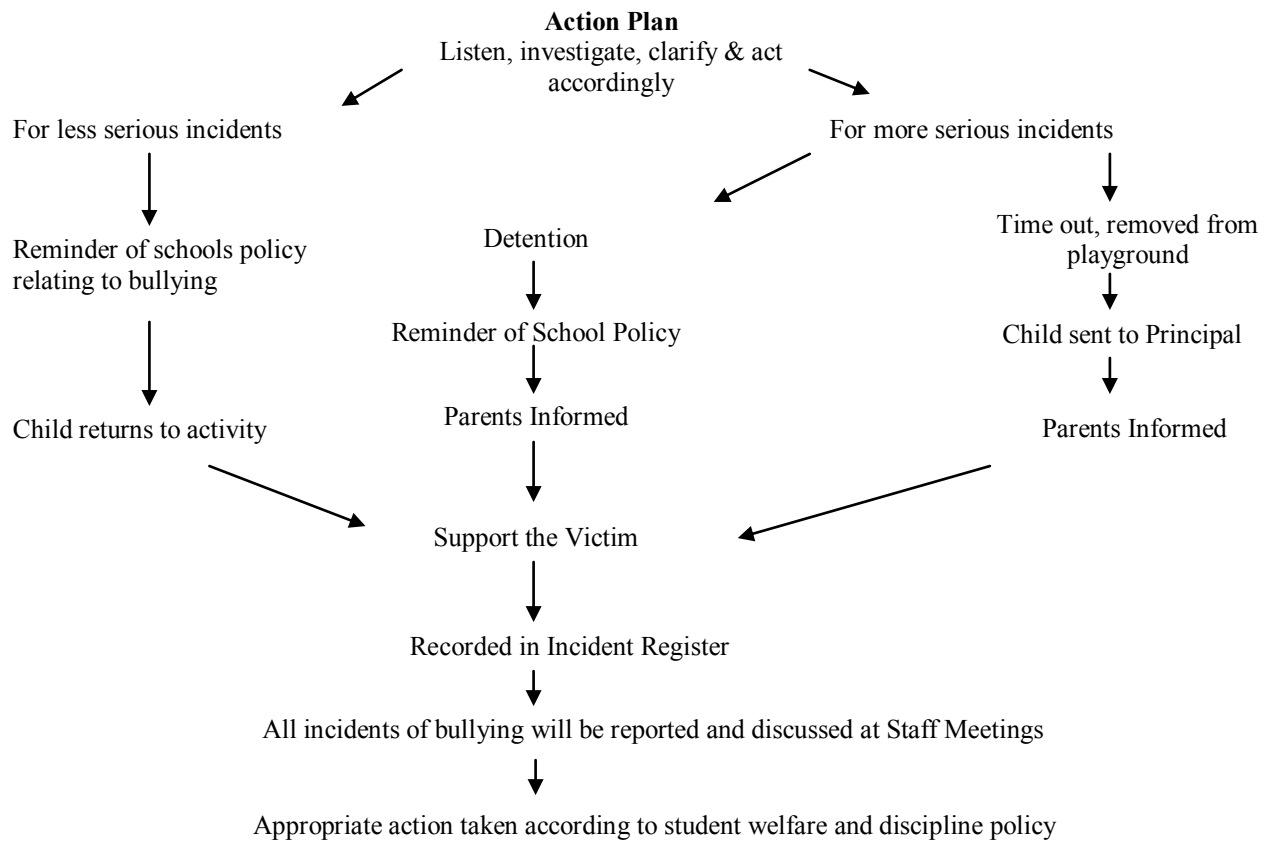
- to model appropriate behaviours at all times,
- to deal with all reported and observed incidents of bullying as set out in this policy,
- to ensure classrooms are safe places,
- ensure the victims of bullying are supported,
- treat reports of bullying seriously and take appropriate action.

### **Responsibilities of Students:**

- to report if they are being bullied or if they see someone else being bullied - (responsible telling)
- to help someone who is being bullied,
- to refrain from bullying others,
- to actively participate in bullying lessons and programs,
- to attempt to resolve issues using the strategies they have been taught in the classroom.

### **Responsibilities of Parents:**

- to watch for signs that their child may be bullied or is bullying,
- to speak to someone on staff if their child is being bullied, or they suspect that it is happening,
- to reinforce the rules and strategies being taught and practiced at school.



## Evaluation





The policy requires ongoing evaluation using the following methods:

- noting if there has been a change in the atmosphere of our school through interview, observation, surveying, discussion etc.
- follow up with parents who have reported incidents of bullying to see if the problem has been resolved,
- review strategies to see that they are effective in reducing incidents of bullying at Mayrung Public School.

*Updated and revised July 2009  
Carolyn Howard - Principal*

## What is Bullying?

Bullying involves the inappropriate use of *power* by one or more person over another less powerful person or group. It can be verbal,

	<ul style="list-style-type: none"><li>• Name calling</li><li>• Teasing</li><li>• Threatening</li><li>• Making fun of someone because of their physical characteristics or actions</li></ul>
	<ul style="list-style-type: none"><li>• Hitting, kicking, punching</li><li>• Pushing, shoving, spitting, tripping, scratching, throwing objects</li><li>• Making rude gestures</li><li>• Taking or damaging something which belongs to someone else</li></ul>
	<ul style="list-style-type: none"><li>• Ignoring and excluding</li><li>• Giving dirty looks</li><li>• Spreading untrue stories</li><li>• Cyber bullying (hurtful SMS or email, inappropriate use of camera phone)</li></ul>
	<ul style="list-style-type: none"><li>• Spreading rumours</li><li>• Stalking</li><li>• Negative body language,</li><li>• Hiding or damaging possessions.</li><li>• Exclusion – avoiding or ignoring someone</li></ul>

## Values at Mayrung School

- ◆ To use your manners
- ◆ To show respect
- ◆ To play fairly
- ◆ To care for yourself and others
- ◆ To be safe

We also teach a comprehensive Values program in the Key Learning Area of Health and Personal Development and through our Peer Support Program.

Our proactive welfare programs focus on the following values:-

- ◆ Co-operation
- ◆ Being Honest
- ◆ Being Fair
- ◆ Being Responsible
- ◆ Caring about Others
- ◆ Accepting Differences
- ◆ Respect
- ◆ Being Friendly

# Anti Bullying Strategy



# Mayrung Public School

## A Guide for Families

## Victims

Anybody can become the victim of bullying. All it takes is to be in the wrong place at the wrong time.

Bullies try to justify what they are doing by emphasising that the victim is different in some way. This may be a real difference which makes them especially vulnerable.

However, if there is no real difference then the bullies may invent one. Our school tackles topics about differences in class lessons. This helps to reduce bullying.

## Indicators of Bullying

There is no foolproof way of knowing that a child is being bullied. Physical injuries are rare.

- Unwillingness to go to school.
- Become withdrawn.
- Begin to do poorly at schoolwork.
- Come home regularly with damaged clothes or possessions.
- Have unexplained scratches or bruises.
- Cry themselves to sleep.
- Refuse to say what is wrong.
- Mood swings.
- Withdrawn from social activities with peers.

Trust your instincts. If you are worried discuss your worries frankly with your child.

Whatever you do, don't rush to confront the parents of a child who is bullying yours. Always try to work with the school. Arguments amongst parents usually make the bullying worse rather than better.

## Bullies

Experts say there are two reasons why people bully others. One is because they enjoy the feeling of power it gives them. The second is because members of a group can feel closer to each other by picking on an 'outsider'.

The research tells us some important things about bullying:

- Bullies can also be victims.
- Bullies often think that what they are doing is just a bit of fun.
- When a group bullies an individual, there may be little sense of guilt because of the shared responsibility - but the effect on the victim can be devastating.

## Parents

The victims of school bullying need the support of their families, their teachers and their friends. Any advice children are given must be appropriate.

If your child is being bullied you should:

- Encourage talking: it may be difficult but be patient.
- Try not to overreact, listen calmly and try to work out the facts.
- Give assurances that the situation will change.
- Assure your child that it happens to most people at some time. We learn to avoid it, cope with it or confront it.
- Report the matter to a staff member, even if un sure of the extent of bullying
- Tell your child that physical or verbal retaliation on their part is NOT the answer.

## What can we do about bullies?

**S.T.A.N.D** can help you.

<b>S</b>	<ul style="list-style-type: none"> <li>• Stay calm.</li> <li>• Walk away from the bullying situation to a safe area.</li> </ul>
<b>T</b>	<ul style="list-style-type: none"> <li>• Tell an adult</li> </ul>
<b>A</b>	<ul style="list-style-type: none"> <li>• Act confidently</li> <li>• Be assertive not aggressive.</li> <li>• Say, "I don't like it when you tease me. I'd like you to stop."</li> </ul>
<b>N</b>	<ul style="list-style-type: none"> <li>• Never respond with violence or aggression.</li> <li>• This is what the bullies want.</li> </ul>
<b>D</b>	<ul style="list-style-type: none"> <li>• Do something positive.</li> <li>• Avoid the bully.</li> <li>• Be with your friends.</li> </ul>