

What can parents do?

If you are concerned that your child is being bullied, harassed or physically hurt or is involved in bullying behaviour make an appointment with the classroom teacher. The best outcomes for your child will be achieved by you and the school working together.

Tips to help your child:

You need to consider what you know about your child and the details of the situation to make the best decision for your child. Let your child know that you will take the bullying seriously and that you can help them to report it to the school.

- Stay calm and positive
- Listen to your child
- Teach your child how to be assertive
- Tell you child it is not his/her fault
- Seek help for your child to improve his/her social skills (see below)

A child who has been bullied can be at greater risk than others of being bullied again (even when the bullying has been dealt with). Knowing how to deal with bullying and difficult people not just at school, but throughout life in social situations and at work is a basic life survival skill. Australian Psychological Society

Information for parents sourced from the Bullying No Way website:

[HTTP://BULLYINGNOWAY.GOV.AU](http://BULLYINGNOWAY.GOV.AU)

Other helpful websites are: Kids Matter and Friendly Schools

What will the school do?

“Student Discipline practices are based on restorative principles and are respectful of the dignity, rights and fundamental freedom of the individual students and at the same time are focused on the effective running of the school for the benefit of all” **Diocesan School Discipline Policy**

All incidents of bullying and harassment, which are reported to the school, will be addressed.

Actions may include:

- Speaking to all students involved, including bystanders
- Parent notification
- Interview with the Principal/ Assistant Principal
- Asking student to complete a Reflection Sheet

Consequences may include:

- Long time out
- Interview with parents
- Behaviour Plan
- Counselling
- Suspension
- Expulsion

The school has adopted a whole school approach to bring about positive behaviour called Positive Behaviour for Learning (PBL). This approach has a strong emphasis on teaching appropriate behaviours and providing systems of support to bring about these positive behaviours.

Holy Family Catholic Primary School



Anti- Bullying Brochure

SCHOOL VALUES

What are our Beliefs?

At Holy Family we foster strength and gentleness within our Christ centred community... where the human dignity of all people is valued and respected.

We believe that all members of the community have the right to a learning and work environment free from intimidation, humiliation and hurt. We all share a responsibility to foster, promote and restore right relationships. We believe that bullying is unacceptable and we (students, staff and parents) all share a responsibility for preventing it.



What is Bullying?

Definition of Bullying

Bullying is defined as a pattern of repeated physical, verbal, psychological or social behaviour that involves the misuse of power and is intended to cause harm, distress and/or create fear. Bullying may be carried out overtly (e.g. face-to-face) or covertly (e.g. through repeated social exclusion or via technology).

Bullying is not the same as conflict or social dislike even though, in some cases, the outcome of both can be bullying. Single incidents are not defined as bullying although of course, such incidents may require intervention by the school.

Bullying can involve humiliation, domination, intimidation, victimisation and all forms of harassment including that based on sex, race, disability, sexuality and transgender. Bullying of any form or for any reason can have long-term effects on those involved including bystanders.

(Adapted from National Safe Schools Framework (2011) and DEC Preventing and Responding to Student Bullying in Schools)

Different Types of Bullying

Face-to face bullying (sometimes referred to as direct bullying) involves physical actions such as punching or kicking or overt verbal actions such as name-calling and insulting

Covert bullying (sometimes referred to as indirect bullying) is a subtle type of non-physical bullying which isn't easily seen by others and is conducted out of sight, and often unacknowledged by adults

Cyber-bullying occurs through the use of information or communication technologies such as Instant messaging, text messages, email and other social networking sites. It has many similarities with offline bullying but it differs in that the student(s) who are bullying can be anonymous, it can reach a wide audience and the sent or uploaded material can be difficult to remove. Most students who cyber bully also bully off-line.

What can students do?

NO – GO – TELL

NO

Say NO to the bully

GO

GO away from the bully

TELL

TELL the teacher

If the behaviour does not stop:

- Talk to your classroom teacher, the duty teacher or any teacher who you feel comfortable talking to
- Talk to your parents
- Keep talking to the teachers and parents and report each incident

If you are a friend:

- Support your friend
- Encourage others to support them
- Listen to your friend and encourage them
- Talk to your parents

If you are a bystander:

- Tell the bully to stop
- Tell a teacher what you saw
- Talk to your parents

If you are a bully:

- Stop
- Ask yourself “what does it feel like to be treated like this”
- Talk to your classroom teacher, the duty teacher or any teacher who you feel comfortable talking to. They can help you to change.
Talk to your parents

