

WHAT YOUR CHILD CAN DO IF THEY 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 should try to ignore the bully. If you show that you are not upset, the bully may stop.
- Tell the bully to 'stop it' or to 'cut it out'. Laugh it off. Use humour.
- Don't be afraid to talk about it with your family or your friends.
- There are many adults at school who want to help you too. Talk to your teachers or the principal. They can help you to decide how to handle the situation or they can take action.
- Be smart by avoiding high risk places and times.

TELL TALE SIGNS OF BULLYING

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

THE IMPORTANT ROLE OF PARENTS

Parents 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.
- Encouraging your child's self esteem by saying and doing positive things, nurturing their positive qualities and valuing them for who they are.
- Discussing the school's expectations about behaviour and how best to deal with bullying.
- Being observant and looking 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.

As an adult it is very important to be aware of your response and act in a calm, helpful and caring manner.

ALKIMOS BEACH PRIMARY SCHOOL



Bullying Policy 2017

Parents

Alkimos Beach Primary School has an active anti-bullying policy.

The aim of this pamphlet is to outline the school's position on bullying and to provide parents and students with a simple process to follow if they hear of, or see, an incident involving bullying.

WHAT IS BULLYING:

Bullying can be defined as:

'repeated' incidents involving a bigger, stronger or more powerful child on a smaller or weaker child or by a group of children on a single child' (Dept of Education).

Forms of Bullying:

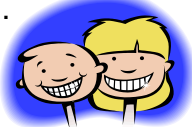
Physical: Such as unwanted touching, hitting or kicking.

Verbal: Such as name-calling, making racist remarks or spreading rumours.

Psychological: Such as deliberately ignoring, excluding or making threatening gestures.

Power Imbalance: By a more powerful individual or group against an individual who is unable to effectively resist.

Cyber: Bullying which is carried out through an internet service such as email, chat room, discussion group, social media or instant messaging. It can also include bullying through mobile phone technologies such as short messaging service (SMS).



ALKIMOS BEACH PRIMARY SCHOOL

Our community is committed to making a safe school environment by developing authentic relationships between students, parents and staff based on care, mutual respect and open communication.

Bullying, in any form, is not tolerated at our school.

Students at Alkimos Beach have rights as individuals and are to be treated with kindness and respect. They also deserve to be in an environment where they feel safe and be given opportunities to achieve their personal goals.

Students, parents and teachers have the responsibility to respect the rights of others and to help make our school a 'friendly place' by being thoughtful, respectful and courteous to others.

They have a responsibility to:

- be observant to signs of bullying
- report incidents of bullying
- treat reports of bullying seriously and
- follow the correct procedure in attempting to resolve conflict.

To address any bullying at Alkimos Beach Primary School, the Administration and teaching staff follow a "Problem Solving" strategy called "The Pikas Method of Shared Concern (Pikas, 1989)". The method includes four stages and encourages all students involved to work from a negative situation to a positive solution.

PROCEDURE FOR REPORTING INCIDENTS FOR PARENTS AND STUDENTS

(A) When you hear of an incident, try to establish:

Where the incident took place –

- a) in the classroom, b) in the playground, c) on the way to/from school.

When the incident took place –

- a) during class times, b) during morning or lunch break, c) before or after school.

Who was involved –

- a) single student, b) group of students - any names where possible.

Why it took place –

- a) money, b) equipment c) 'friends', d) power, e) other....

Is this the first time it has taken place?

Pass on this information to:

- The **classroom teacher** if it happened during class time or you're unsure of the time.
- The **Administration** if it happened before or after school.
- The **playground duty teacher (student only)** if it happens during the morning or lunch breaks.

(B) If you witness an incident:

Before or after school, report it to the **administration**.

During morning or lunch break, report it to the **teacher on duty**.

Reports will be logged on the school's Behaviour Management system. When the matter has been resolved, all key stakeholders will be informed by staff or administration.

Any incident that you think warrants attention can go through the same process.