

**You can control what happens by following the action plan:**

If you are being bullied or harassed in the playground ...

- take a deep breath,
- look directly into the eyes of the person attempting to bully you,
- speak in a firm, clear voice and say loudly, "Stop that, I don't like it!" **NO GO TELL**
- Go directly to your teacher (or the teacher on duty if you are in the playground) if the attempts to bully you don't stop and report what happened.

Any further incidents of bullying or threatening behaviour by the same person may result in him/her ...

- sitting in the time-out area in the playground or classroom
- being on detention to consider more appropriate behaviour
- being referred to the Principal and Student Welfare Committee
- having parents contacted by the school and informed of the bullying behaviour

**If you witness** bullying behaviour **always challenge it.**

**Remember ... it's up to you!**

**When students, parents and staff work together we create a safe and caring environment.**

*Students!* You can control what happens by;

- following the action plan,
- not retaliating with physical or verbal bullying
- telling an older person

*Parents!* You can control what happens by;

- watching for signs of distress in your child
- listening to your child
- giving assurance and support
- discussing the action plan with your child
- advising your child to tell a staff member
- informing your child's class teacher of suspected bullying
- attending interviews at school

*Staff!* You can control what happens by;

- be role models in words and actions
- ensure students feel
  - safe and valued in the classroom
  - are listened to
- be observant of signs of distress or suspected incidents of bullying
- encourage students to ask for help when needed
- report bullying to the classroom teacher and the Learning Support Team

**We are a SERFie school ! We value  
SAFETY ~ EFFORT  
~ RESPECT ~ FRIENDSHIP**

*Feeling safe and valued at*



# *Austinmer Public School*

*Our school community  
is committed  
to providing a safe  
and secure environment  
promoting personal growth  
and excellence by  
developing confidence and  
self esteem.*



# BULLYING AND HARASSMENT

**Bullying is repeated oppression (psychological or physical) of a less powerful person by another person or group of persons.**

## You can control what happens.

For example, bullying occurs when a person ...

- is called names;
- is threatened;
- is put-down;
- is teased in an unkind way;
- is ridiculed;
- has property hidden, damaged, stolen or destroyed;
- is physically hurt;
- has graffiti written about him or her;
- is left out;
- is sent hurtful notes;
- is singled out for unfair treatment;
- is picked on;
- has rumours spread about him or her; and/or
- is stalked or given dirty looks.

## If someone is bullied he or she....

- may be confused and not know what to do about it;
- may feel sad, frightened, unsafe, sick, embarrassed, angry, unfairly treated;
- it can affect school work; and
- it can affect family and friends.



## POSSIBLE SIGNS AND SYMPTOMS OF BEING BULLIED

*There is no particular pattern. A victim may ...*

- have unexplained cuts and bruises;
- have equipment or personal items hidden, damaged, stolen or destroyed;
- complain of vague headaches, stomach aches or feeling sick;
- wet the bed, bite nails, have poor sleep patterns and bad dreams;
- exhibit unusual emotional outbursts or mood swings;
- withdraw from friends or family;
- appear anxious, insecure, sad, teary, depressed, secretive;
- have low self esteem;
- display an unwillingness to go to school;
- sit alone in class or be alone in the playground;
- change friendship groups frequently;
- come home hungry (because lunch money or food has been taken);
- want extra money without giving a reason; and/or
- show deterioration in school work avoid participating.



**At Austinmer Public School we support students through -**

- never tolerating Bullying behaviours
- encouraging students to employ strategies taught during our Bullying Awareness Programs
- making full use of our Positive Behaviour for Success programs and creating positive school and classroom environments
- remembering our core SERFer values –
  - Safety
  - Effort
  - Respect and
  - Friendship
- consistently rewarding positive behaviour and effort
- using a multi faceted classroom-based Personal Development Programs
- the Child Protection Program
- the Drug Education Program
- the Life Education Program
- the school Buddy System
- class meetings and discussions
- developing strong and positive Student Representative Council support
- an active Learning Support Team
- an active and supportive P & C.