

Students

How you can help:

- Behave appropriately, respecting individual differences and diversity
- Behave as responsible digital citizens
- Follow the school Anti-bullying message **STAND** up against Bullying:
S TAY CALM
T RY TO IGNORE IT
A SK THEM TO STOP
N EVER FIGHT
D UTY TEACHER
- Behave as responsible bystanders
- Report incidents of bullying
- Work collaboratively with the school to resolve incidents of bullying when they occur.

Further help:

Kids Help Line (1800 55 1800) is a free and confidential, telephone counselling service for 5 to 25 year olds in Australia.

<http://www.kidshelp.com.au/>

Lifeline (13 11 14) is a free and confidential service staffed by trained telephone counsellors.

<http://www.lifeline.org.au>

Parents

How can you help:

- Please, DO NOT approach the bully or their parents—let the school deal with it
- Inform the teacher/ school executive as soon as possible
- Be sure your child has non-violent responses to bullying
- Reinforce the message of *STAND* up to bullying
- Work collaboratively with the school to resolve incidents of bullying when they occur.

If your child is bullying others:

- It goes without saying, but, love your child—however, dislike the behaviour
- Model positive behaviour
- Contact the school—we can work things out together; to change negative behaviour into positive behaviour.



ANTI-BULLYING POLICY

Plumpton Public School



Caring, Pride & Respect

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What is bullying?

What is bullying?

Bullying is when people repeatedly and intentionally use words or actions against someone or a group of people to cause distress and risk to their well-being. These actions are usually done by people who have more influence or power over someone else, or who want to make someone else feel less powerful or helpless.

The sort of repeated behaviour that can be considered bullying includes:

- Keeping someone out of a group
- Acting in an unpleasant way near or towards someone
- Giving nasty looks, making rude gestures, calling names, being rude and impolite, and teasing
- Spreading rumours or lies
- Harassing someone based on their race, religion, gender or a disability
- Intentionally and repeatedly hurting someone physically
- Intentionally stalking someone
- Taking advantage of any power over someone else.

Plumpton P.S.

Our school:

- Promotes *Caring, Pride and Respect*, including respect for difference and diversity
- Utilises positive leadership to deal with bullying within the overall policy on student welfare and discipline
- Implements a planned approach in curriculum to the issue of bullying in a context which promotes self-esteem, confidence and positive relationships
- Schedules regular training for all staff to raise and maintain awareness, to alert them to indicators and to equip them with ways of responding to it
- Consults with students to find out what bullying occurs, when, where and by whom
- Provides safe play areas or quiet rooms for students as an alternative to the playground
- Ensures prompt and thorough investigation of reported incidents
- Uses the *Pikas Method of Shared Concern* to counsel and empower students and to change student behaviour
- Follows-up and monitors progress of students involved in incidents.

Our staff

School staff have a responsibility to:

- Respect and support all students
- Model and promote appropriate behaviour
- Have knowledge of school and departmental policies relating to bullying and inappropriate behaviour
- Respond in a timely manner to incidents of bullying and refer students for counselling or consequences.

Teachers & Executive will:

- Provide curriculum and pedagogy that supports students to develop an understanding of bullying and its impact on individuals and the broader community
- Provide good surveillance of student behaviour
- Discuss with students issues relating to bullying
- Help students to develop attitudes and values that will guide them toward relating positively with others, and skills to help themselves and others when bullying occurs.