

## STUDENT INFORMATION

www.ettorrensps.sa.edu.au

# BULLYING... NO WAY!

## HOW TO STOP BULLYING AND HARASSMENT

**DON'T TAKE IT!**

**YOU HAVE THE RIGHT TO BE SAFE**

**DON'T DO IT!**

**HELP MAKE OUR SCHOOL A SAFE AND CARING  
ENVIRONMENT FOR EVERYONE**

## WHAT IS BULLYING AND HARASSMENT?

### **Bullying**

Bullying is an abuse of power, where a person or group uses their behaviour to hurt, upset, scare or shame another person.

### **Harassment**

Harassment is unwanted and unwelcome behaviour that is usually but not always repeated.

Bullying and harassment at school can involve students, teachers, school support staff or parents/caregivers.



## BULLYING AND HARASSMENT HAPPENS IN DIFFERENT WAYS:

**PHYSICAL**- Hitting, pushing, kicking, touching, rubbing, grabbing, taking/damaging property and using a weapon

**SEXUAL**- any unwelcome written, visual, verbal or physical contact of a sexual nature

**VERBAL & WRITTEN** - spoken or written insults, threats, suggestive comments, name-calling, unfair criticism, rumour spreading

**FACE & BODY SIGNALS** - Looks, stares, facial expressions, hand signs

**CYBER** - using social networks (Facebook), voice and text messages, photographic and video images

**GRAFFITI** - using pictures, tags or words

**GROUP**- forming groups to exclude ignore and/or disrespect others

**INDIRECT**- influencing or organising someone else to bully or harass

**DISCRIMINATION** - Discrimination in schools is against the law and harms relationships. Bullying and harassment can be discriminating against a person's:

- **Gender** - being male or female
- **Cultural or spiritual identity/race/ethnicity** - cultural beliefs, religion, language, heritage, clothes, food, skin colour or physical appearance
- **Appearance** - body shape and size, clothes and accessories
- **Disability** - physical, intellectual, medical or psychiatric disability
- **Socioeconomic Status**
- **Age**- the age of a person



## WHERE CAN BULLYING AND HARASSMENT OCCUR?

- On the way to and from school
- In the school yard or on the oval
- In the classroom
- In the corridors
- At the toilets
- On electronic devices and the internet
- On excursions and camps
- Or anywhere.....



## DO YOU BULLY OR HARASS?

**If you hurt, upset, scare or shame another person, a teacher must deal with the problem.**

You will be given a fair opportunity to:

- show that you are willing to take responsibility for and talk about your behaviour
- show that you are sorry for your actions and what you did
- make suggestions to help repair the harm and damage you have caused

We may offer you

- counselling
- skills training
- special programs to help you stop bullying and harassing
- a meeting with your parents

If you continue to bully and harass, you will face more serious consequences.

## WHAT TO DO IF YOU ARE BEING BULLIED

**If you are being bullied -**

- Don't bully back
- Tell your classroom teacher or yard duty teacher
- Ask a friend for help
- Make an appointment to see the School Counsellor, Assistant Principal or Principal. You can take a friend with you to support you
- Tell your parent or caregiver, and ask them to contact a staff member at the school

## DON'T WATCH BULLYING HAPPEN! DON'T BE A BULLYING BYSTANDER

A bystander is an onlooker or spectator who watches bullying and harassment towards another person.

Be part of the solution not part of the problem.

- let the person doing the bullying know that what they are doing is wrong
- if you watch silently or laugh, you are helping the bully
- use assertive body language and say "Stop it. Leave them alone!"



- help the situation by taking away the audience—WALK AWAY!
- encourage the person who is being bullied to get away from the situation and ask for help from an adult
- if you know someone is being bullied it is your responsibility to tell a teacher, Assistant Principal, Principal or School Counsellor



WWW.KIDSHelp.COM.AU

**KIDS HELP LINE FREECALL: 1800 551 800**  
**24 HOUR TELEPHONE AND ONLINE COUNSELLING FOR YOUNG PEOPLE**

### WHAT DOES THE SCHOOL DO ABOUT BULLYING?

At East Torrens Primary School we do a lot of things to prevent bullying and repair relationships.

#### Teachers will teach strategies on how to:

- handle bullying and what to do about it
- be confident, and get along with others
- bounce back and be resilient
- listen to and support the person who has been bullied
- keep yourself safe



#### Teachers will:

- work with the student who has been the 'bully' and get them to think about the consequences of their actions
- give consequences to students who bully others. The consequences may include time out, restricted play, take home or suspension
- talk with parents of students who bully
- provide opportunities to repair and restore relationships

