

What can parents do to support their children?

Stay calm when talking with your child. From the start, help your child to feel safe and supported. Say:

- that you are pleased that they have told you
- that you believe them
- that it is not their fault and you are sorry to hear it has happened
- that you take it seriously because bullying can have serious long-term consequences (i.e. don't trivialise the bullying; it feels bad)
- that you are there to help them if they wish to talk through and practise ways to respond to bullying, and who might be the most appropriate person to talk to and what to say.

You may want to call the school to check that your child has spoken to someone about the problem.

Remember:

Reassure your child of your support at all times.



It can be a criminal offence if there is physical violence or threats. Anyone over the age of 10 years may be dealt with by the police.



Useful resources:

www.bullyingnoway.com.au

www.kidshelp.com.au

www.cybersmart.gov.au

Kids Helpline 1800 551 800

If you would like further information about bullying or you would like to know anything else about our school, please contact us.

Telephone: 08 8264 2033



PARA HILLS SCHOOL P-7
Respect Commitment Honesty

Anti- Harassment Policy

Para Hills School P-7 Belief Statement.

We believe each person:

- Has the right to feel safe and to be treated with respect.
- Has the right to be treated as a worthwhile individual.
- Must learn, understand and practice the Anti-Harassment Policy.

We take bullying and harassment very seriously. This policy explains what bullying is and what we will do to stop it happening at our School.

What is bullying?

Bullying is *repeated* verbal, physical, social or psychological behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons. Bullying and harassment occurs when people use and abuse power to trouble, annoy or oppress a person. Bullying can be planned and organised or it may be unintentional.

Cyber bullying refers to bullying through information and communication technologies.

Bullying of any form or for any reason can have long-term effects on those involved including bystanders.

Bullying and harassment can often be based on perceived differences such as culture, ethnicity, gender, sexuality, economic status, religion, economic status, physical appearance, age, etc

Bullying and harassment can... come in many forms for example:

Physical bullying: Being hit, tripped, kicked, pinched etc

Verbal bullying: being called names, teased, put down etc

Psychological bullying: being threatened, stalked, gestures, rolling eyes, offensive pictures, drawing or writing, etc

Social bullying: being ignored, having rumours spread about you, excluding someone etc

Sexual bullying: unwanted touching or brushing against someone, picking on someone because of their sexual orientation etc

Cyber bullying: insulting someone in chat rooms, sending cruel or threatening emails/text messages; using the web, chat rooms or mobile phones to spread rumours or information about someone etc

Bullying and harassment can:

- be motivated by jealousy, distrust, fear, misunderstanding or lack of knowledge
- make people feel threatened
- continue over time
- be hidden from adults
- continue if adults and peers take no action
- can be threatened and actual harassment

What can you do about bullying?

If you are bullied or you know someone who is being bullied, please report it.

Who to report it to

Tell your parents or caregivers. Tell your teacher, a leadership member or a professional Counsellor in an outside agency.

How to report

Tell the trusted adult where the bullying happened, how often it has happened and what you have done to try and stop it happening.

When to report

Report the bullying to a trusted adult as soon as it happens. Do not ignore it. When bullying is ignored it may get worse.

What do we do about incidents of bullying?

At Para Hills School P-7,

- We will investigate the harassment together. This means we will listen and talk to the person who has been bullied and the person who has bullied others.
- We will work out the best way to handle the situation together, with students and their parents/ caregivers (as needed)
- We will put negotiated consequences in place for the person who has been bullying others. These may include office time out, suspension or exclusion.
- We will make sure the wellbeing of all children involved are taken into consideration.
- We will use a Restorative Justice process to help everyone involved to improve their relationships with each other.

It is important to note that these steps may change. At Para Hills School P-7 we do not use a 'one size fits all' approach. This is because each person is different and each incident of bullying is different.

BULLYING NO WAY!



What we do at Para Hills School P-7 to reduce bullying?

We use prevention, intervention, and post-intervention strategies to support us in dealing with harassment and bullying.

Prevention strategies include:

- using the curriculum to teach students about respectful relationships, citizenship, ethical behaviors, personal and social competence, intercultural understanding and self identity and awareness
- promote and teach school values; Respect, Honesty and Commitment
- developing programs to help students participate and have a say in their learning
- teaching students about violence prevention, conflict resolution, anger management and problem solving, using problem solving tools such as the Wheel of Choice and the Catastrophe Scale
- teaching for and about diversity
- provide positive role models for our students
- providing professional learning for staff in collaboration with local agencies such as Families SA, Trauma Training and Mandatory Notification

Intervention strategies include:

- counselling students who have been bullied
- talking with parents or caregivers about the situation
- putting consequences in place for those who bully others
- teaching students to be responsible bystanders, seeking help and support from adults as opposed to 'jumping in and fighting'
- ensuring that all staff know how to address bullying effectively and respectfully
- using the Restorative Justice Process to restore and/or rebuild and maintain positive relationships

Post-intervention strategies include:

- monitoring the situation between the students to ensure that their safety and wellbeing are maintained
- talking with parents or caregivers about strategies to support their child at home and at school
- reviewing our yard duty procedures to make sure they are effective
- dealing with hot spots in the yard
- reviewing and evaluating behavior codes and policies