



Government of South Australia
Department for Education and
Child Development

ECHUNGA PRIMARY SCHOOL



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ECHUNGA PRIMARY SCHOOL BULLYING POLICY

Our school focus challenges us to enhance student well being. We all have a right to be respected and a responsibility to respect each other as we strive to develop a safe and supportive learning community at Echunga Primary School.

Bullying and harassment are not acceptable in such an environment. Echunga Primary School is committed to preventing and eliminating bullying in all its forms. We do this by teaching students skills, which foster respect for self and others.

What is bullying?

Bullying is behaviour that hurts, threatens, embarrasses or intimidates someone. When a group or an individual uses their power to target or hurt another person **repeatedly**, this is bullying. There is an intention to cause fear, distress and/or harm. It is defined by the effects on the victim, not the intent of the person/s doing the bullying. Bullying can occur between adults, between students, adult/s to student/s and vice-versa.

Some examples of bullying include repeated:

- teasing
- name-calling and 'put-downs'
- spreading rumours
- making threats
- excluding people from activities/groups
- physical aggression such as shoving, hitting, throwing things at someone
- pushing, damaging or hiding someone's property
- threatening or offensive gestures
- threatening or offensive SMS or emails.

BULLYING CAN OCCUR ACROSS A RANGE OF MEDIA AND NOT JUST FACE TO FACE.

WHAT WE DO TO REDUCE BULLYING.

At Echunga Primary we use prevention, intervention and post-intervention strategies.

Prevention strategies include :

- Ensuring adequate student supervision.
- Teaching curriculum programs that teach students about our values, respectful relationships, safety, confidence, resilience and getting along.
- Teaching students to be helpful bystanders and support their peers.
- Conduct regular Bully Audits.

Intervention strategies include :

- Counselling students.
- Talking with parents/caregivers.
- Putting consequences in place.
- Ensuring staff know how to intervene.
- Using Restorative Practices.

Post-Intervention strategies include :

- Monitoring the situation to ensure safety and well-being.
- Collecting data and reviewing policy.

What do staff members do to stop bullying?

- Incorporate positive, preventative, anti-bullying strategies in their classroom programs.
- Are positive role models to students in their behaviour and communication style.
- Intervene speedily to all witnessed or reported bullying and follow-up regularly.
- Are familiar with our school's Bullying Policy and how the school deals with bullying.
- Highlight our policy and procedures to students regularly.
- Adopt positive classroom management strategies.
- Ensure that all the areas of our school have a visible staff presence at breaks, when moving to a specialist teaching class area, and before and after school.

As a student, what can I do to stop bullying?

- Be courageous. If you witness bullying, don't join in. Take a stand by telling the person doing it to stop or walk away and tell an adult.
- Show care and respect for others in and outside the classroom. Make a special effort towards a student who seems lonely or who is having a hard time by inviting them into your friendship group.
- Have a variety of friends to mix with at recess or lunch time. Have these friends over to your place after school/weekends to extend such friendships.
- If you get involved in bullying yourself, remember how it felt when someone was unkind to you. Say sorry and **stop it**.

If you are being bullied:

- Act confidently, even if you feel scared. Imagine any hurtful comments bouncing off you like water off a duck's back.
- Stay away from places that aren't comfortable for you.
- Take a deep breath. Remind yourself that the person who is bullying has the problem, not you. Don't take it on board. Use helpful self-talk like: 'This is about them, not me'. Walk away.
- Tell the person/people that you don't like what they are doing or what they are saying. Tell them to stop. Look at them directly and say confidently: 'Stop it' or 'Cut it out! That's not OK' or 'I don't like what you're doing.'
- If the behaviour continues, tell your parents, your teacher or a staff member you trust. It is your right to be safe and treated with respect. Staff will deal with your complaint in a confidential manner.
- Avoid trying to get even. It often makes the problem worse.
- Your parents will be notified and kept informed of any subsequent action being taken.

What will happen if you are bullying students?

- You will be counselled by your classroom teacher. You will be given the opportunity to resolve the situation and discuss the issue with the person you bullied. Your parents/caregivers will be contacted.
- If you persist in bullying you will be referred to the principal for counselling and your parents/caregivers will be contacted again to develop a solution to the problem. A consequence will also be applied. This may include:
 - In-school isolation (recess and lunchtime).
 - Counselling program
 - Loss of privileges
 - Take Home
 - Internal suspension
 - External suspension.
- If bullying continues your parents/caregivers, with other agencies, will be called in to discuss further action.

THESE ARE SOME STRATEGIES THAT TEACHERS USE TO HELP THE VICTIM THAT PARENTS MIGHT FIND USEFUL

Adapted from <http://www.cyh.com.au/>

- Listen to the student and take seriously their feelings and fears.
 - Children need to release painful, negative feelings to have the energy to deal with bullying and get back a sense of power.
- Make it clear that bullying is unacceptable.
- Help students work out if and why she/he is being bullied. This empowers students and creates awareness that sometimes children of similar age can have a conflict without bullying being involved.
- Resist taking full control of any incidence of bullying, unless it is an emergency, because this is likely to make the student feel less in control.
- Help the student to work out what ideas she/he has about coping.
 - Write them down.
 - Then talk with the student about which ones might help or not help and why.
 - Choose an idea that the student would like to try and then practice what to do when she/he is bullied.
 - Help the student to check out how it works.
- If the bullying is verbal teasing the student may be able to be helped to learn to "bounce back" from it, so the child who is doing the bullying does not get any satisfaction out of it.
- Some students are helped by imagining a special force field around them to protect them from the hard words that will bounce off.
- Work on improving the student's confidence by concentrating on the things she/he can do well.
- Talk to the student about how she/he can reduce their risk of being bullied while recognising that the bully is the wrongdoer (the student needs to be safe, but should not have to change her/his life to avoid being bullied).
- Do not bully the bully.

PARENTS CAN HELP

Build Her/His Self Confidence

- by recognising and affirming her/his positive qualities - by valuing her/him for who he or she/he is.

Take an active interest:

- In your child's social life.
- In what is happening at school.
- **ENCOURAGE YOUR CHILD:**
 - to bring friends home.
 - to accept and tolerate differences in others.

Discuss With Your Child

- The school's expectations about behaviour.
- Ways to respond if her/his rights are infringed.

Encourage constructive responses

- Physical bullying or persistent teasing should be reported.
- Hitting back or retaliating with name calling won't solve the problem.

Set an example

- Be firm but not aggressive in setting limits.
- Be positive in the things you say and do.

Be alert for signs of distress

- Unwillingness to attend school.
- Dropping off in the quality of school work.
- Damaged clothing or frequent loss of personal property.
- Loss of confidence or mood changes.
- Withdrawal from social activities.

Act

- If your child is being bullied at school, discuss the issue with the class teacher or the principal and keep them informed of any further subsequent issues.