

## DEFINITION

**“Bullying is when an individual (or group of people) with more power REPEATEDLY and INTENTIONALLY cause HURT OR HARM to another person (or group of people) who feel helpless to respond.”**

### PURPOSE

At Clifton Hills Primary School we aim to develop students who are confident, positive in developing meaningful relationships and have an understanding that each individual is different.

As educators in partnership with parents, our greatest aspiration is that our students will grow up to be happy, successful and caring adults.

Explicit teaching and learning supports a school culture that develops resilient students who uphold the core shared values of Clifton Hills Primary School. Staff, students and parents share the responsibility for a safe and supportive learning environment free from bullying.

### WHAT IS BULLYING?

#### Physical bullying

Physical bullying includes hitting, kicking, tripping, pinching and pushing or damaging property. Physical bullying causes both short term and long-term damage.

#### Verbal bullying

Verbal bullying includes name calling, insults, teasing, intimidation, homophobic or racist remarks, or verbal abuse. While verbal bullying can start off harmless, it can escalate to levels which start affecting the individual target. Keep reading in this section for techniques to deal with verbal bullying.

#### Social bullying

Social bullying, sometimes referred to as covert bullying, is often harder to recognise and can be carried out behind the bullied person's back. It is designed to harm someone's social reputation and/or cause humiliation. Social bullying includes:

- lying and spreading rumours
- negative facial or physical gestures, menacing or contemptuous looks
- playing nasty jokes to embarrass and humiliate
- mimicking unkindly
- encouraging others to socially exclude someone
- damaging someone's social reputation or social acceptance.

#### Cyber bullying

Cyber bullying can be overt or covert bullying behaviours using digital technologies, including hardware such as computers and smartphones, and software such as social media, instant messaging, texts, websites and other online platforms.

Cyber bullying can happen at any time. It can be in public or in private and sometimes only known to the target and the person bullying. Cyber bullying can include:

- Abusive or hurtful texts emails or posts, images or videos
- Deliberately excluding others online
- Nasty gossip or rumours
- Imitating others online or using their log-in

## SCHOOL STRATEGIES TO PREVENT BULLYING

To build resilient students and a culture of inclusion, we focus on:

- Rock and Water Program Pre-primary to Year 6
- Chaplaincy Program
- Active Citizenship strategies through KidsMatter
- Acknowledgment of responsible behaviour
- Peer Mediator Program
- Positive staff / student rapport
- Immediate response to bullying

Each case of bullying is treated on an individual basis. The level of response is considered carefully. We facilitate the 'Shared Concerns Approach' to reach a resolution and develop positive and appropriate ways for students to interact with one another. The aim of this approach is to support and empower both the victim and the bully to take responsibility and change their behaviours. If further inappropriate behaviour continues, then more serious consequences will occur.

## WHAT CAN STUDENTS DO IF THEY ARE AWARE OF BULLYING?

- If a student sees bullying taking place, they are encouraged to report it as soon as possible to a member of staff.
- If a friend is bullying tell that person it is not acceptable.
- Remember, by doing nothing, by association you are becoming part of the problem.

## WHAT STUDENTS CAN DO IF THEY ARE BEING BULLIED

- Establish a support network of family & friends.
- Talk to a teacher, the chaplain, and your parents, develop assertive rather than aggressive behaviour; stand up straight and look the bully right in the eyes.
- Remember, responding aggressively only results in escalating the situation. Use positive self-talk, 'It's their problem not mine'. Sometimes agreeing with or use of humour can put the bully off.
- Always keep teachers and parents in the loop! Bullies will try and stop you from reporting their behaviour

## WHAT PARENTS CAN DO

- **Stay calm and work in partnership with the school** - Behaviours take time to change!
- Listen sympathetically to your child, show concern and support and don't jump to conclusions.
- Recognise that learning how to manage disagreements constructively will promote resilience and self esteem.
- Discuss ways that your child can react to a situation; practise saying firmly, 'STOP IT! I DON'T LIKE IT' and walking away.
- Help your child prepare responses to taunts through humorous and clever responses.
- Explain that crying or getting upset only encourages the bullying and, in the short term, pretending to be not affected can be very powerful.
- **Work with the school to solve the problem.** Start by making an appointment with your child's teacher to discuss the situation.
- Avoid contact with parents of other students involved.
- Remember, if you weren't aware that your child was being bullied, then perhaps your child's teachers did not know about it either.

## WHAT BULLYING IS NOT

*Bullying is not;*

- single episodes of social rejection or dislike
- single episode acts of nastiness or spite
- random acts of aggression or intimidation
- mutual arguments, disagreements or fights.

These actions can cause great distress. However, they do not fit the definition of bullying, and they're not examples of bullying unless someone is **deliberately** and **repeatedly** doing them.