

What parents can do

- Communicate calmly and supportively discuss the problem together
- Focus on identifying a solution with your child. A confident, positive and resilient appearance can stop bullying from continuing
- Assure your child that reporting the bullying is okay and that it is not their fault
- Build your child's confidence by focusing on their qualities
- Deal with the school NOT the other student(s) or parent(s)
- Discourage planned retaliation, create positive strategies instead
- Look for signs of stress or anxiousness, e.g. not wanting to go to school, illnesses, trouble sleeping or avoiding or withdrawing from others

INFORMATION

Helpful websites:

Kids Help Line
www.kidshelpline.com.au

Bullying No Way
www.bullyingnoway.com.au

Child and Youth Health
www.cyh.com.au

Child Safety Australia
www.childsafetyaustralia.com.au

ThinkUknow internet safety program
www.thinkuknow.org.au

Helpful phone numbers:

Kids Help Line 1800 551 800
SA Youth Health Line 1300 131 719
DECD Parent Help Line 1800 222 696



Kersbrook
PRIMARY SCHOOL

For more information please contact
the Principal
Ph: 8389 3068
www.kersbrookps.sa.edu.au

Kersbrook Primary School



Anti Bullying Policy

Kersbrook Primary School fosters a commitment of working together to create a learning community which is safe, inclusive, conducive to learning and free from harassment, bullying, racism, discrimination and violence.

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Definition of bullying

The national definition of bullying for Australian schools says:

Bullying is an ongoing misuse of power in relationships through repeated verbal, physical and/or social behaviour that causes physical and/or psychological harm. It can involve an individual or a group misusing their power over one or more persons. Bullying can happen in person or online, and it can be obvious (overt) or hidden (covert).

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

Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying.

Behaviours that do not constitute bullying include:

- Mutual arguments and disagreements (where there is no power imbalance).
- Not liking someone or a single act of social rejection.

Types of bullying

The different types of bullying that could be happening are:

Physical bullying includes hitting, kicking, pinching, tripping, spitting, grabbing, pushing, staring, throwing objects, damaging or stealing someone's property.

Verbal bullying includes putting someone down, teasing, name calling, insulting or threatening to cause someone harm.

Cyber bullying can be covert or overt behaviours using information and communication technologies to hurt, embarrass or abuse someone by sending or posting to social media hurtful messages, pictures or comments, nasty gossip or rumours and imitating someone online.

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

Social bullying includes: Ignoring, hiding, exclusion, lying, spreading rumours, playing horrible jokes, embarrassing or humiliating someone or encouraging bullying.

What students can do

If you think you are being bullied, here are some ideas for you to try:

- Firmly and politely ask them to stop
- Walk away
- Don't react to the behaviour, this is what a bully wants to see
- If the behaviour continues report it to someone you trust

For cyberbullying:

- Block the person
- Change passwords
- Don't reply
- Keep and show the emails, messages or comments to someone you trust

You may need to persist to help stop the bullying.

Bystanders

If you see or hear bullying it is great to try the following:

- Tell the person to stop
- Report it to an adult
- Don't stay and watch or encourage the bullying
- Be a friend to the person being bullied

If no action is taken, then you give the message bullying is okay.