

## What action will the school take on bullying?

- \* All parties will be interviewed and the incidents recorded by the class teacher.
- \* Parents will be contacted.
- \* Students who have been found to be bullying will lose privileges and may be excluded from their class for a period of time, depending on the seriousness of the offence.
- \* The victim, any bystanders, and the child who has been bullying will receive on-going counselling from the teacher.
- \* If the bullying is of an extreme nature, a member of the Executive staff will be informed and a formal interview will be arranged with the parents of the child who has been bullying.
- \* Any case of retaliation against a student for reporting bullying will be treated with the utmost severity, e.g. in-school suspension or suspension from the school.

## Stuart Park Primary is a TRIBES SCHOOL.

Our Five Agreements help to promote friendship and belonging.

- \* **Mutual Respect**
- \* **Appreciations ~ No Put-Downs**
- \* **Personal Best**
- \* **Attentive Listening**
- \* **Right to Pass**

### Stuart Park Primary School is a No Threat Zone!

We encourage our students to;

- \* **Spot out bullying.**
- \* **Speak out about it.**
- \* **Together we will Stamp it out.**

## Stuart Park Primary School



### Our Pledge

Everyone has the right to feel safe, valued, included and accepted, regardless of differences.

## What is Bullying?

Bullying is when someone deliberately and repeatedly hurts or upsets someone else.

There are 4 main types of bullying:

- \* **VERBAL** ~ e.g. name-calling, teasing, put-downs, writing unkind notes or threats.
- \* **PHYSICAL** ~ e.g. hitting, kicking, punching, taking or hiding of belongings or damaging property.
- \* **SOCIAL/EMOTIONAL** ~ e.g. being unfriendly, excluding, tormenting, spreading rumours, giving looks and making rude gestures.
- \* **CYBER** ~ e.g. sending or posting abusive texts, emails, images or videos and nasty online gossip and chat.

## What Can Students Do About Bullying?

Sometimes, you can deal with bullying yourself by being assertive.

- \* Stand tall. Don't look scared.
- \* Use a strong, loud voice.
- \* Act confidently.
- \* Don't react ~ keep cool.
- \* Tell the bully to leave you alone.
- \* Ignore the bully ~ walk away.
- \* Talk to your friends about what is happening.

If this doesn't work ~

### **TELL A TEACHER!!**

This is not "dobbing" ~ you have a right to feel safe at school.

If you see or hear bullying, tell someone who can help. This might be a teacher, the Principal, or your parents.

### **Silence won't stop bullying!!**

## What Can Parents Do About Bullying?

Sometimes it can be difficult to know if your child is being bullied, as they are often reluctant to talk. However, these signs may show that your child is being bullied:

- \* Unwilling to go to school.
- \* Frightened of walking to school.
- \* Starting to do poorly in schoolwork.
- \* Coming home with books or clothes destroyed.
- \* Unusually quiet & easily upset.
- \* Has unexplained cuts and bruises.
- \* Has "missing" personal possessions.

If you think your child is being bullied, gently encourage them to talk. Explain that this is not telling tales ~ they have a right to be safe.

Listen to your child & be supportive.

Contact the school and arrange a meeting with your child's teacher or the Principal.