

What Can The School Do?

All incidents of bullying and harassment, which are reported to the school, will be addressed in a Restorative manner.

Actions may include:

- Speaking with all students involved including bystanders
- Parent notification
- Restorative meeting with the Principal, Assistant Principal or Youth Worker
- Listening to victim and their ideas of outcomes

Consequences for bullying may include:

- On-going Restorative meetings
- Time out or suspension
- Interview with student and parent
- Case management (violence or persistent behaviour)
- Documentation for files
- Counselling

The schools pro-active stance:

The school takes a proactive stance by promoting co-operative learning and character development through:

- Assertiveness training for students being bullied
- Anger management where required
- Promote relevant learning with a focus on co-operation, resilience and accepting differences through Child Protection Curriculum and other programs
- Reinforce the school's Code of Conduct and Student Grievance Procedure
- Help all students understand the responsible use of power in relationships
- Explicit teaching on recognising bullying behaviour and the role of the bystander

What Can Parents Do?

When children tell their parents they are being bullied, they may have tried everything to deal with it on their own. Telling parents is often a very hard step to take.

As a first step, it is usually best to:

- Encourage your child to talk through, so you get the basic facts straight
- Keep an open mind, remembering you are only hearing one part of the story
- Ask questions gently
- Help your child reflect on what has been done so far
- Help your child work out what might be done
- Monitor the use of internet and phones

Never try and sort out the bullies yourself. This rarely works and often makes matters worse.

It does not help if parents:

- Get angry or upset
- Make the child think it is not important
- Blame the child or the school
- Accuse people without knowing the facts
- Look for easy solutions

Make an appointment to see the Principal, class teacher, Youth Worker or whoever you think would be best to see, in a way that makes it clear to the school that you see yourself and the school as partners in trying to fix this problem. Tell the school what you and your child would like to do, and ask them for ideas as well.

With your child, check out the websites:

www.bullyingnoway.com.au

www.cybersmart.gov.au

www.kidshelp.com.au

headspace.org.au/

www.wch.sa.gov.au/services/az/divisions/mentalhealth/index.html

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ALLENDALE EAST AREA SCHOOL

School Vision:

To build strong and diverse futures for all of our young people by providing quality education driven by student needs skills and aspirations.



BULLYING & HARASSMENT POLICY

School Values What are our Beliefs?

Through our school values of **Courage, Excellence and Respect** we endeavour to engage every student in relevant and challenging learning experiences that value a diversity of ideas and approaches and encourages each child to have a sense of security and self-worth.

- **Bullying is not about difference**

It occurs because of people's inability to accept and value difference

- **Bullying is everyone's business**

- **Bullying is a form of violence**

- **A partnership of staff, parents and students**

Students can actively reduce bullying and harassment at Allendale East Area School

What is Bullying?

Bullying occurs when a person or a group of people deliberately and repeatedly hurt or frighten somebody less powerful than themselves for no reason. This may be done in various ways:

Physical

- Pushing, hitting, tripping, kicking
- Hiding or taking another's belongings

Verbal

- Spreading rumours, teasing and name calling, threatening
- Making fun of people's abilities, weaknesses or achievements
- Making fun of people's skin colour, physical features, race, religion or accent

Sexual

- Touching in an unwelcoming way
- Comments as rumours of a sexual nature or about sexual orientation
- Teasing about parts of the body

Cyber

- Texting and phone calls used to tease or intimidate
- Sexting of photographs used to tease or intimidate

Indirect

- Deliberate exclusion from activities or friendships
- Spreading rumours, nasty looks and gestures
- Watching or encouraging others to participate in any of these behaviours

Harassment

- Any behaviours that are uninvited, unwelcome and unwanted that cause another person to feel hurt or uncomfortable

It is not considered to be bullying if people of equal strength or power have an odd quarrel or fight.

What can students do?

Tell the student who is bullying you to stop.

If this does not work:

- Talk to someone you trust
 - Teacher
 - Parents
 - Youth worker
 - Friends
 - Pastoral Care Worker
- Keep reporting the bullying as often as it continues
- Ring Kids Helpline 1800 551 800

If you are a friend:

- Listen to your friend, encourage and support them to tell an adult they trust
- Support your friend and encourage others to do the same

If you are a bystander:

- Tell the bully to stop
- Get an adult to help
- Tell a teacher what you saw

If you are a bully:

- Put yourself in the position of the other person
- Ask, "What does it feel like to be bullied?"
- Talk to a teacher or counsellor – they may help you change your behaviour positively

Have your say:

- Bring up issues at SRC or class meetings