

# Tips for Kids

## If you are being bullied:

- Try to ignore the bullying or pretend not to hear the comments. If you show you are not upset the bully may stop.
- Try not to retaliate by becoming a physical or verbal bully yourself.
- Walk away quickly and confidently.
- Agree with the bully's comments or turn the comments into a joke.
- Tell the bully to stop. Say "please don't say those things" or "Stop! I don't like it".
- Ask for help from friends.
- Ask for help from a teacher or parent.

## If you see someone being bullied | Bystander

- Ask if they are OK?
- Care enough to do something about it, whether it affects you personally or not.
- Tell the person doing the bullying that what they are doing is wrong.
- Support the person being bullied, for example ask them to join your group.
- Ask for help from a teacher or parent.

## What's the Difference?

It's telling when:	It's dobbing when:
You are trying to keep people safe	You are trying to get someone in trouble
You need help from an adult	You can work it out yourself
Something dangerous, harmful or threatening is happening	Something harmless happens that doesn't hurt anyone

*We can't do anything about bullying if we don't know it's happening!*

## PREVENTATIVE STRATEGIES

### What are we doing?

- Positive behaviour is valued, recognised and rewarded.
- Bullying guidelines are clearly articulated to staff, students and parents.
- Staff provide careful supervision.
- Teachers deliver the Friendly Schools Plus program in classrooms.
- Hold meetings focused on behaviour changes not punishment, to discuss problem solving measures.
- Teach self-protective strategies – ignoring verbal put downs, enlisting support, learn assertive responses, saying "no" and walking away, helping others being bullied.
- Teach bystander students to challenge bullying.
- Support provided by the leadership team and school psychologist.

### If bullying occurs we:

- Protect the bullied child from further harm.
- Use a problem solving approach such as: The Method of Shared Concern (Pikas) or The No Blame Approach.
- Record details of the incident and agreed action.
- Speak to class/groups of students eg. small group meetings, circle time, discussion box.
- Work with bullied child and their parents to assist child to avoid being bullied in the future. Keep them informed about progress.
- Inform the parents of the child bullying and work with them and their child to establish joint strategies for changing behaviour.

### Useful Websites

<http://www.freshwaterbayps.wa.edu.au/>

<https://bullyingnoway.gov.au/>

<http://www.cybersafetysolutions.com.au/>

# At Freshwater Bay Bullying No Way!



# Bullying

# Tips for Parents

*'Bullying is a behaviour which can be defined as the repeated attack, physical, psychological, social, or verbal, which is formally or situationally defined, on those who are powerless to resist, with the intention of causing distress for their own gain or gratification.'* (Besag, 1989)

***Bullying is not a one off argument, or disagreement, or fight between students.***

Bullying is when a student, or a group of students, with more power at the time, deliberately upset or hurt another person,  
**on more than one occasion.**

Types of bullying		
	Direct	Indirect
<b>Physical</b>	Hitting, punching Kicking Pinching, biting, scratching Pushing, strangling Damaging or stealing property Throwing objects e.g. stones	Getting another person to harm someone
<b>Verbal</b>	Hurtful name-calling Insulting language Threatening remarks Discriminatory remarks Demanding money or possessions Cyber/text bullying	Spreading rumours Trying to get other students to not like someone Forcing another to commit offences
<b>Emotional</b>	Exclusion from games/clubs Ignoring someone Disrupting other's play Threatening and/or obscene gestures or facial expressions Cyber/text bullying	Removing and hiding and/or damaging other's belongings

***We aim to provide a positive culture where bullying is not tolerated. All staff and students have the right to expect respect from others, the right to learn or teach and the right to feel safe and secure in their school environment.***

***As educators in partnership with parents, we want our students to grow up to be happy, successful and kind adults.***

***Staff, students and parents share the responsibility for a safe and supportive learning environment free from bullying.***

***Explicit teaching of social skills builds a school culture that develops resilient students who uphold the Freshwater Bay Primary School motto:  
Wisdom Respect Courage***

## Set an example:

- Be firm in setting behaviour limits
- Be positive in things you say and do
- Show acceptance and tolerance of differences in others
- Never act as a bully or a victim

## Be alert for signs of distress:

- Unwillingness to attend school
- A drop off in academic performance
- Damaged clothing and frequent loss of personal property
- Unexplained injuries
- Loss of confidence and uncharacteristic mood changes
- Aggression towards siblings
- Withdrawal from social activities, especially with peers
- Nail biting, bed wetting, tiredness

## If my child is being bullied:

- Listen
- Work out the facts
- Give reassurance that the situation can be improved
- Make sure they understand that bullying is wrong and they have the right to feel safe and happy
- Talk to the teacher/school to develop a plan
- Do not make a direct approach to other parents or children – this just inflames the situation and often makes matters worse
- Support decisions at home and keep in contact with the school

