

## BULLYING: NO WAY!

### What parents can do

#### Teach your child NOT to be a victim:

- Instil self confidence in your child
- Help your child to develop positive social skills
- Teach your child to speak up for themself
- Teach your child to ask for help from you, their teacher or other trusted adults
- REPORT the incident to the school 86 323 777.

#### Teach your child NOT to bully

- Be a model for assertive not aggressive behaviour
- Say it loud and clear - **violence is not acceptable**
- Help your child find non violent ways to deal with anger and frustration
- Seek professional support for your child
- Communicate respectfully and work together with the school to support your child.



#### Helpful websites

Kids Help Line	<a href="http://www.kidshelpline.com.au">www.kidshelpline.com.au</a>
Bullying: No Way!	<a href="http://www.bullyingnoway.com.au">www.bullyingnoway.com.au</a>
Child and Youth Health	<a href="http://www.cyh.com.au">www.cyh.com.au</a>
NetAlert	<a href="http://www.netalert.net.au">www.netalert.net.au</a>
Cyber Smart	<a href="http://www.cybersmart.gov.au">www.cybersmart.gov.au</a>

#### Phone numbers

Kids Help line	1800 551 800
Net Alert	1800 880 179
Parent helpline	1300 364 100
Beyond Blue	1300 224 636
Lifeline	131 114

## PORT PIRIE WEST PRIMARY SCHOOL

214 The Terrace  
Port Pirie 5540

Phone: 08 8632 3777  
Fax: 08 8632 5062

[dl.0363\\_info@schools.sa.edu.au](mailto:dl.0363_info@schools.sa.edu.au)



Ratified by Governing Council 27th May 2015



Government of South Australia  
Department for Education and  
Child Development

# Port Pirie West Primary School

## Well-being Procedures

At Port Pirie West we believe in providing a quality learning environment where everyone belongs.

The aim of this procedure is to ensure that Port Pirie West Primary School enables staff the right to teach and students the right to learn in a safe and supportive environment free from all forms of bullying.

At Port Pirie West Primary School we expect our school community to treat others the way they want to be treated, by showing the school qualities at all times.

- ◆ Persistence ◆ Confidence
- ◆ Responsibility ◆ Respect



## Bullying – common features

**INTENT** - it is deliberate!

**REPEATED** - it happens more than once!

**HARMFUL** - it causes physical or emotional damage!

**POWER IMBALANCE** - it is difficult for those being bullied to defend themselves

**Harassment** is behaviour that targets an individual or group which offends, humiliates, intimidates, or creates a hostile environment.

### Physical Bullying/Violence

Physical bullies use force and body strength to overpower their victims that results in physical harm and/or injury.

Violence may involve provoked or unprovoked acts and can be a single incident, a random act or can occur repeatedly. Violence with the intention to harm will be reported immediately to the Police.



### Verbal Bullying

Verbal bullies intimidate and harm others with name calling, put downs and using threatening language.



### Social and Emotional Bullying

Social bullying involves students deliberately hiding, ignoring, invading another's personal space, getting up close to another's face so as to intimidate, spreading rumours, stealing or writing notes about another person.



### Cyber Bullying

Cyber bullies use electronic forums such as email and social networking sites, to harass their victims. The effects of cyber bullying can be far-reaching and may be different than the other types of bullying.



## What students can do if bullied

**Remember it's not your fault and there are people who can help you. Don't blame yourself for what has happened.**

- Don't let the bully know that they are upsetting you
- Stay calm, stay in control
- Be firm and clear, look them in the eye and tell them to stop
- Walk away
- Tell a staff member straight away. If you are scared to tell an adult on your own, ask a friend to go with you
- Tell a member of your family
- **Keep on speaking out until someone listens.**

### Students who witness another student being bullied can help by

- Telling the bully to STOP
- Explain to the bully how they are hurting the other student
- Leave and report immediately to a staff member.

### If you take no action this is telling the bully it is OK to behave the way they are.

### If someone reports bullying to a staff member they will:

- Listen to the concern
- Record the incident (clarifying events)
- Speak with the victim and the bully (perpetrator) and discuss consequences
- Follow up with a phone call to the parents of both parties as necessary.



## Consequences of bullying at PPWPS

**If a student is bullying others they can expect:**

- The incident will be investigated and recorded
- Parents/Care providers will be contacted.

### Other consequences may include

- Separate playtimes
- Time-out of the yard completely
- Office time out
- School Based Community Service
- Participation in a social skills program
- Be involved in a meeting with the victim
- Separate yard areas.

**If a student continues to bully they can expect the following will happen**

- Parents/Care providers will be notified
- They will be out of the class/yard as Office Time Out
- They will be internally suspended
- The School will seek assistance from Port Pirie Education Office and/or Police.

**If the bullying still continues students**

- Will be suspended
- May be issued an intent to exclude (so student is not able to attend school).

Ongoing bullying will result in Police being informed.

