

## What can parents do??

1. Take time each day to talk with your child
2. Be aware of signs of distress in your child
3. Be aware of your own responses and reacting in a calm, helpful and supportive manner
4. Assist and encourage your child to discuss the problem with you and with a teacher
5. Discourage any planned retaliation
6. Be positive about your child's qualities and encourage your child to be tolerant and caring
7. Support this policy statement and allow time for processes to be fully effective.

## We use the shared concern strategy approach to deal with bullying incidents

Bullying situations can be complicated and trying to identify exactly what is happening and why can take time. Punishment alone is unlikely to be effective and may be seen to be using bullying to stop bullying.

*Briefly, the approach consists of the following;*

- \* individual meetings are held with each of the students involved in the bullying incident
- \* each student is asked about the problem and to suggest ways in which he/she could personally help improve the situation
- \* the person being bullied is also given the opportunity to talk about what is happening and encouraged to think of ways of improving the situation
- \* follow up meetings, discussions and planning give students the opportunity to change and improve their attitudes and behaviour and to put these into practice in a supportive environment

## How can families help create a supportive school culture?

We can help children to feel safer and happier at school by demonstrating that families and schools work together as partners. The support of families is very important in creating a friendly and supportive school environment.

- \* Model a positive attitude toward school and encourage your children to see positive aspects of school life.
- \* If there is a problem with your children at school, try to work together with the school to overcome the problem. This shows a committed partnership between families and the school to work towards positive solutions.
- \* Read the school newsletter and discuss items of interest with your children.
- \* Maintain regular contact with your children's teacher.

<http://friendlyschoools.com.au/fsp/information/for-parents-families/>

<https://www.kidsmatter.edu.au/families>



## PARENT INFORMATION BOOKLET

### A SHARED UNDERSTANDING OF BULLYING

Bullying touches almost everyone's life, it is widespread and harmful - but it is also preventable. As we learn more about its lasting effects, it is becoming an issue of growing concern to practitioners, parents and researchers. Every one of us has the right to feel safe, secure, accepted and valued and the responsibility to take action to ensure others feel the same.

### RIGHTS AND RESPONSIBILITIES

#### RIGHTS

- \* To feel safe
- \* To learn
- \* To be respected
- \* To be valued

#### RESPONSIBILITIES

- \* To respect yourself
- \* To respect others
- \* To use common sense
- \* To support others

#### Objectives:

- \* To raise awareness among staff, students and parents about bullying;
- \* To actively counter bullying at the school;
- \* To provide strategies to resolve conflict and respect differences;
- \* To create a school environment where all students, staff and parents feel safe and welcome;
- \* To create a climate where it is okay to talk about bullying and ask for help; and
- \* To promote positive mental health.

## WHAT IS BULLYING ?

### What is bullying?

Psychological, emotional, cyber, social or physical harassment of one student by another at school or within the school community. This includes at school and within its grounds, in transit between school and home, local shopping and sporting centres, at parties or local parks and in cyberspace. The playground is the most common place for bullying to occur.

### IT is NOT bullying when:

- \* Teasing is done in a friendly, playful way.
- \* Two people who are as strong as each other argue or fight.

### What are some of the forms of bullying?

- \* Verbal (most common, most painful and longest lasting impact) eg threaten or make someone feel afraid, teasing, harassment and name calling.
- \* Physical (hit, kick or push someone)
- \* Cyber
- \* Anti social ( exclusion, spread rumours, tell lies, gossip, body language)

### What to do if you are bullied....

- \* Tell the person who is bullying to stop. Say that the behaviour is unwelcome and offensive
- \* Get help. Talk about it with someone you trust. Nothing is so awful that you can't talk about it with someone
- \* Report it to a school staff member. This could be the Duty Teacher, your class teacher, the Deputy Principal or the Principal.
- \* If you are bullied on the way home, go to a Safety House, then tell you parents.

## What is cyberbullying?

Cyberbullying' is an extended form of traditional bullying, the key difference being that the 'weapon' used to bully involves technology such as mobile phones or the internet. You might be teased or have rumours spread about you online, receive nasty messages or even threats. It can happen in school, or out of it, any hour of the day, from people you know, and sometimes people you don't know. It can leave you feeling unsafe and alone.



**The same rules apply online as in the 'real world' about how to treat other people.**

**At its most serious, cyberbullying is illegal and can be investigated by the police.**

If you are being cyberbullied....

**Ignore it.** Don't respond to the bully. If they don't get a response they may get bored and go away.

**Block** the person. This will stop you seeing messages or texts from a particular person.

**Tell someone.** Tell your mum or dad, or another adult you trust. Or you can call Kids Helpline on 1800 55 1800, visit their [website](#) or contact the [Cybersmart Online Helpline service](#).

**Keep the evidence.** This can be useful in tracking the bully down. Save texts, emails, online conversations or voicemails as proof.

### Report it to:

- \* your school—they should have policies in place about bullying and cyberbullying.
- \* your ISP and/or phone provider or the website administrator—there are actions they can take to help.
- \* the police—if there is a threat to your safety the police will help.

## What to do if someone is being bullied...

- \* Care enough to do something about it, whether it affects you or not
- \* Support the person being bullied
- \* Don't stand by and watch- get help
- \* Show that you and your friends disapprove of bullying
- \* **Be a good bystander**



## What happens if you Bully?

If you answer "YES" then this will happen

1. You will be counselled by the classroom teacher and given an opportunity to discuss and resolve the situation with others who were involved
2. If you persist in bullying you will participate in the Shared Concern Approach and your parents will be contacted
3. If you are found bullying again, a consequence will be applied:
  - \* recess and/or lunchtime detention
  - \* in school isolation with modified recess and lunch arrangements
  - \* in school suspension with modified recess and lunch arrangements
  - \* out of school suspension