



Secret Harbour Primary School Anti-bullying policy



Rationale

At Secret Harbour Primary school, our staff and our school community are committed to taking action to protect students from bullying and to respond appropriately when bullying does occur. 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.

What is Bullying?

“Bullying is a systematic and repeated abuse of power. In general bullying may be defined as:

- *dominating or hurting someone*
- *unfair action by the perpetrator(s) and an imbalance of power*
- *a lack of adequate defence by the target and feelings of oppression and humiliation.”*

Bullying can take many forms:

1. Physical bullying

Using physical actions to bully, such as hitting, poking, tripping or pushing.
(Repeatedly and intentionally damaging someone's belongings is also physical bullying.)

2. Verbal bullying

Repeated or systematic name calling, insults, homophobic or racist remarks and verbal abuse.

3. Covert bullying

Such as lying about someone, spreading rumours, playing a nasty joke that make the person feel humiliated or powerless, mimicking or deliberately excluding someone.

4. Psychological bullying

For example, taunting, threatening, manipulating or stalking someone.

5. Cyber bullying

Using technology, such as email, mobile phones, chat rooms, social networking sites to bully verbally, socially or psychologically.

6. Bystanding

Standing by and allowing someone to bully another student, not assisting or reporting.

Programs and Strategies to address Bullying

It is important that students, staff and parents/carers understand what bullying is, how it impacts on people and how bullying is responded to, at Secret Harbour Primary School. In our school we use the following strategies and programs to gather information, stay up to date, involve the community and teach students about bullying:

- Classroom and school processes covered with all classes and explained at class meetings (for parents) at the beginning of the school year.
- A School Well-being Team oversees and manages student well-being.

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- Student / Parent / Staff responses to National School Opinion surveys used to inform planning and processes.
- Newsletters – updates, articles and links.
- Cyber-safety alerts – School App.
- Highway Heroes – explicit lessons <https://bestprograms4kids.com/highway-heroes/>
- Bullying No Way Website <https://bullyingnoway.gov.au/>
- “Cyber Smart” and “Hector’s World” Cyber safety programs.
<https://www.esafety.gov.au/education-resources/classroom-resources/cybersmart-access>
- Parent Information Booklet – “A Shared Understanding of Bullying.”
- Parent Workshops.
- Parent and Community forums.
- Pikas Method of Shared Concern <http://www.kenrigby.net/11e-Shared-Concern-Method-How-it-Works>
- Frequent reviews of policies and issues with whole of staff, including confidential identification of students for additional monitoring.
- Whole-staff Professional Learning.
- Posters, displays and information in school environment.

Prevention Programs and Strategies

Effective social skills and positive relationships act to prevent bullying. At Secret Harbour Primary School, we promote effective social skills and positive relationships by:

- Explicit, targeted and age-appropriate lessons.
- Friendly Schools Plus <http://friendlyschools.com.au/fsp/>
- Highway Heroes <https://bestprograms4kids.com/highway-heroes/>
- KidsMatter <https://beyou.edu.au/>
- The Smiling Minds Curriculum <https://www.smilingmind.com.au/> (Whole school weekly sessions on Monday morning).
- School Values Awards – Honour Certificates, Faction tokens, Star Awards, Letters of Commendation.
- Class award systems, Student VIP programs (Early Childhood).
- Early school arrival arrangements and supervision.
- High ratios of teachers to students for playground duty – vests enhance visibility of staff who are there to assist.
- Peer Mediator Program – trained student mentors assist in playground and early childhood play area.
- Alternative arrangements (supervised) for students with identified high needs at recess and lunch.
- Lunch time clubs and activities.
- Supported pick up at Kiss ‘n Drive
- Management and filtering of online content and programs at state and school levels.
- Cyber-safety posters in school environment.
- Internet access at school monitored and supervised.

Responses to bullying

Reports of bullying will be investigated and acted upon. Responses to bullying might include support for targets of bullying and perpetrators and/or disciplinary measures.

At Secret Harbour Primary School, we support targets and perpetrators by:

- Investigating all incidents.
- Using a case-management model to determine appropriate actions and provide individualised support.
- Taking any immediate action necessary to re-establish safety (for example: separating / removing students, arranging alternative way of getting home if walk home is an issue).
- Communicating with families.
- Using the Pikas Method of Shared Concern where appropriate.
- Developing a shared resolution of the issue - each party given clear guidance on how to proceed.
- Following up - Meetings are scheduled, 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.
- Liaising with other key agencies as required.
- Negotiated access to STREAMS program for resilience building, anxiety and friendship strategies.
- Negotiated access to school Chaplain.
- Negotiated access to Defence Education Assistant support and activities for the children of defence families.
- Negotiated access to School Psychologist.
- Providing information to whole staff as required to support additional / intense monitoring.

Cyber Bullying

Most cyber-bullying occurs after school hours. School staff liaise closely with families to respond to incidents of cyber bullying and recommend:

- Computers / devices in public area of home.
- Filtering of content.
- Regular conversations with children about cyber safety and safe online habits.
- Tell someone you trust about cyber bullying and get help – you have the right to be safe.
- Do not respond to cyber bullying.

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- Block or delete the person from your contacts.
- Let the school know – we will take action, provide resources and operate as a communication hub.
- Let the facilitator of the program know – report the bullying.
- Contact police.

At Secret Harbour Primary School, the consequences for bullying might include the following:

- Reprimand.
- Recess or lunch time detention.
- Loss of privileges (eg opportunity to represent school at inter-school events).
- Loss of access to computers / devices.
- Loss of Good Standing.
- Camp strikes.
- Modified recess or lunch time arrangements (including mapped permission to play in certain, areas – separating children with issues.)
- Modified school arrival and departure arrangements.
- Changed classroom seating.
- In-school isolation.
- Morning check-ins.
- Suspension.
- Possible Exclusion (See Violence in Schools Policy.)

Please be aware that for confidentiality reasons, we can't discuss actions taken with students, other than with their own parents.

Restorative Practices

Restorative practice seeks to repair relationships that have been damaged, including those damaged through bullying. It does this by bringing about a sense of remorse. Restorative action on the part of the person who has bullied someone may include a direct apology, agreed actions to improve the situation and forgiveness by the person who has been bullied.

Once identified, the student who has been bullying meet with the Restorative practitioner, and perhaps other students who have been selected because they are supportive of the person who has been bullied (who is not present).

Each member of the group is required to accept responsibility and say how he or she will help that person. The outcome is monitored.

Think Sheets

Think sheets are used at Secret Harbour Primary School to encourage students to reflect on their actions, the rule that was broken or the poor choice that was made and outline how things will be done differently in future. They are a guide to assist students to consider their impact on others, and make more appropriate choices

Reporting bullying

At Secret Harbour Primary School, reports of bullying are taken seriously. Students and parents/carers may report bullying to the school in the following ways:

Students:

- Let your teacher know. (If there are students around, you might ask to see them at recess.)
- See Christell (School Chaplain), Mrs Cooper, Mrs Snow or Mrs London (Associate principals).
- Make a time to see Mr Newbound (School Principal).
- Write a note and pop it into the Chaplain Box at the front office.
- Make contact via email at secretharbour.ps@education.wa.edu.au

Parents / Concerned persons:

- Talk with / meet with classroom teacher.
- Communicate with Classroom teacher via Seesaw or email.
- Request to see school administration.
- Call the school on 9523 3900.
- Make contact via email at secretharbour.ps@education.wa.edu.au

Some related resources

School Wide Positive Behaviour Support

www.learningplace.com.au/deliver/content.asp?pid=24668

Alannah and Madeline Foundation

<http://www.amf.org.au/AboutUs/>

BOUNCE BACK!

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

FRIENDS for Life

www.friendsinfo.net/index.html

Friendly Schools and Families Program

<http://www.friendlyschools.com.au/about.php>

Kids Helpline

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

KidsMatter

<http://www.kidsmatter.edu.au>

MindMatters

<http://www.mindmatters.edu.au/default.asp>

ReachOut

<http://au.reachout.com>

National Centre Against Bullying

<http://www.ncab.org.au/about/>

National Safe Schools Framework

http://www.dest.gov.au/sectors/school_education/publications_resources/profiles/national_safe_schools_framework.htm

You Can Do It!

www.youcandoit.com.au