THE IMPORTANT ROLE OF PARENTS

As parents you can:

• Be aware of the signs of distress in your child, e.g. unwillingness to attend school, a pattern of illness, missing equipment, requests for extra money, damaged equipment or clothing.

• Take an active interest in your child’s social life and acquaintances.

• Assist your child to discuss any incidence of bullying with a teacher. If possible, allow your child to report and deal with the situation. Your child can gain respect and confidence through taking the initiative and dealing with the problem without direct parental involvement.

• If your child is being bullied, discourage any planned retaliation, either physical or verbal, by discussing positive strategies they can use.

• Be positive about your child’s qualities and encourage your child to be tolerant and caring.

• Be willing to attend interviews if your child is involved in an incident of bullying, and work cooperatively with the school.

• Be willing to inform the school of any cases of suspected bullying even if your child is not directly involved or affected.

• Do not deal directly with the other children or their parents go directly to the staff.

• Discuss the school’s expectations about behaviour and how best to deal with bullying.

STATEMENT ON BULLYING

This community does not tolerate bullying or harassment.

We aim to establish a community in which everybody feels valued, respected and safe, and where individual differences are appreciated, understood and accepted. Everybody has a right to enjoy their time at school.

THE SHARED CONCERN APPROACH

We use the ‘Shared Concern Approach’ to deal with incidents of bullying. Briefly this approach consists of the following:

1. Individual meetings are held, with each of the students involved in the bullying situation, e.g. the student or students bullying, the person being bullied and any bystanders who may have seen what was happening.

2. Each student is asked about the problem and to suggest ways in which he or she personally could help to improve the situation.

3. The person being bullied is also given the opportunity to discuss what happened and encouraged to think of ways to improve the situation.

4. 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.

Bullying can be a complicated problem, which takes time and patience to resolve properly. Using this approach, we are committed to the safety and well being of all students.

BUNGAREE PRIMARY SCHOOL
At Bungaree Primary School, everyone has the right to feel safe and valued and every member of the school community has a responsibility to ensure that this happens.

<table>
<thead>
<tr>
<th>Rights</th>
<th>Responsibilities</th>
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</thead>
<tbody>
<tr>
<td>To be safe and supported</td>
<td>participate in positive behaviour programs</td>
</tr>
<tr>
<td>To be included</td>
<td>build positive relationships</td>
</tr>
<tr>
<td>To be treated with respect</td>
<td>demonstrate respect and tolerance</td>
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**BULLYING IS:**
- Conducted by a more powerful individual or group;
- Against a less powerful individual who is unable to effectively resist;
- A repeated and unjustifiable behaviour;
- Intended to cause fear, distress and/or harm to another;
- May be physical, verbal or indirect/relational;

**TYPES OF BULLYING**

**Verbal Bullying**
The repeated use of words to hurt or humiliate another individual or group.

**Emotional/Psychological Bullying**
Includes repeated stalking, threats, or implied threats. This also applies to social media and/or texting.

**Relational Bullying**
Involves excluding others or convincing others to exclude or reject individuals or groups, making or spreading rumours.

**Physical Bullying**
Including but not limited to repetitive low level hitting, kicking, punching, pushing and damage to personal property.

**Cyber Bullying**
Involves the use of email, text messages, instant messaging and websites to engage in the bullying of other individuals or groups.

**Bystanders**
Bystanders are those who are aware of, or witness to, bullying but are not directly involved in bullying or being bullied themselves.

**WHAT CAN I DO?**

**If it happens to me:**
- Tell the student who is bullying to stop. State quite clearly that the behaviour is unwelcome and offensive;
- Ignore them and walk away;
- Seek help. Talk about it to someone you trust;
- Report it to a member of staff, a trustworthy friend or buddy. Feel confident that an incident can be solved;
- Talk it over openly with your parents—they can help you make a decision;
- Do NOT retaliate with physical or verbal abuse;
- If you are experiencing bullying on the way to or from school, tell your parents and walk home with a friend.

**If it happens to someone else:**
- Tell the person to stop bullying;
- Be a friend to the person being bullied;
- Encourage the person being bullied to inform someone;
- Seek help. You can decide to do something about it and help to protect others;
- Talk it over with the teacher.