

WHAT DOES A BULLY -FREE SCHOOL ENVIRONMENT- LOOK LIKE?

- Students cooperate and include others in activities
- Students help each other by showing respect
- Students feel safe to learn in an environment where it's OK to take risks
- Students trust their friends to display honesty at all times
- Everyone's values and opinions are respected, valued and listened to

WHAT ARE WE DOING AT ST AGNES SCHOOL TO MINIMISE BULLYING AND ITS EFFECTS?

PREVENTION:

- Using the Programme Achieve social skills programme to teach students about problem solving, promoting positive relationships and respecting diversity and difference in others.
- Talking about our own school values and teaching students the importance of these

INTERVENTION:

- Counselling students who have been bullied
- Putting consequences in place for those who bully others
- Teaching students pro-active strategies for being better 'bystanders' if they see bullying occurring.
- Ensuring all staff know how to address bullying effectively

POST PREVENTION STRATEGIES INCLUDE:

- Talking with parents and caregivers around strategies
- Ongoing monitoring of situations to ensure the student's wellbeing is maintained

OTHER USEFUL RESOURCES



Kids Help Line

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

1800 55 1800

**24 hour telephone and online counselling
for children and young people in Australia**

**BULLYING.
NO WAY!**

Bullying. No way! - Website

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

**A website created by Australia's
educational communities**



<http://www.stagnesc7.sa.edu.au>

St. Agnes School

*Links to school handbook and
other policies*

If you have any questions, please phone the school
on 08 82633541



St. Agnes School ANTI-BULLYING POLICY



At St. Agnes School.....

- Everyone has the right to feel safe
- Everyone has the right to be treated with respect by others
- We take bullying seriously

WHAT IS BULLYING AND HARASSMENT ?



- Bullying and harassment is when people choose behaviours that are *deliberate* and directed against individuals or groups of people.

- Bullying is targeted and ongoing

Bullying can develop into a pattern of behaviour that can occur for some time unless action is taken to stop it. Bullying and harassment can make people feel...

- Scared
- Worried
- Angry/annoyed
- Ashamed
- Sad/put down

REMEMBER....!

If bullying and harassment occurs to you or others.....

REPORT IT!

**KEEP ON REPORTING IT UNTIL YOU FEEL
SAFE!**

(Refer to St. Agnes school student grievance
procedures about how to do this)

KINDS OF BULLYING AND HARASSMENT

These are examples of ways in which people can be bullied or harassed...

Physical bullying and harassment: Is hurting or touching someone else. It might be hitting, punching, pushing, biting, kicking, spitting, pinching or scratching.

Verbal bullying and harassment: Is hurting someone with words. It might be name calling, teasing, put downs or threats made towards you or your family or friends. It may be said to you or someone else about you. *Laughing at victims or being a willing bystander when bullying occurs, is also a form of bullying.*

Non-verbal bullying and harassment: Is rude gestures and looks.

Cyber bullying and harassment: Is using technology inappropriately to hurt people (e.g. mobile S.M.S., internet, e-mails etc.)

Intellectual bullying and harassment: Is when someone gives you a hard time because you may be good at your work, or that you may find work difficult.

Sexual harassment and bullying: Is teasing about being a boy or girl. It might be:

- Teasing and calling you names, rude signs or comments
- Graffiti or jokes
- Putting someone down because he/she is boy or girl- eg. Saying. "He likes you" or "She is your girlfriend" etc.
- Unwanted touching

Racial and/or Religious bullying and harassment: Is teasing someone about or putting down a person belonging to a certain race, religion or culture. It might be:

- Teasing someone because they have different skin colour, eye shape, clothes, language, food etc.

'Bystander bullying'

- Deliberately choosing to stay and watch when someone is being bullied and doing nothing to stop it.

St. Agnes School Grievance Procedures

WHAT CAN YOU DO ? WHO CAN YOU GO TO IF YOU ARE BULLIED AT SCHOOL ?

- Try to solve it yourself first e.g. ignore them, walk away, tell them to stop it, use an 'I' statement for example "I don't like it when you laugh at me."

If that doesn't work PERSIST

- Tell your teacher, the teacher on duty or a trusted adult.

If that doesn't work PERSIST

- Tell the Principal or Deputy. Tell someone at home too.

REMEMBER.....

**SOME PROBLEMS MAY NEED AN ADULT'S HELP
IMMEDIATELY**

- **If you are bullied or you know someone who is being bullied, it is your responsibility to report it.**
- **If you don't tell someone and report bullying, people may think that everything is o.k.**