

SMITHFIELD PUBLIC SCHOOL ANTI-BULLYING POLICY



RATIONALE:

At Smithfield Public School we value respect and show tolerance of others in a safe and supportive environment. We foster positive relationships through strong welfare programs. As part of our school's Welfare and Discipline Policy, our Anti-Bullying Policy aims to deal effectively with and prevent incidences of bullying.

OUR DEFINITION OF BULLYING:

Bullying is defined as the continual act of deliberately hurting, threatening or intimidating another person. What is bullying for one person may not be the same for another.

OUTCOMES:

- To raise the school community's awareness of bullying
- To outline the responsibilities of students, parents and staff in reducing bullying
- To empower students with strategies for resolving conflict in a non-threatening way.
- To promote a culture of positive behaviour and citizenship.

Bullying takes many forms. Our school considers the following behaviours as examples of bullying:

<p><i>Physical:</i></p> <ul style="list-style-type: none"> • Pushing/ shoving • Hitting/ punching • Kicking • Throwing objects • Taking others belongings/ stealing from others • Damaging others belongings • Spitting at others • Intimidation – making someone do something against their will. 	<p><i>Indirect:</i></p> <ul style="list-style-type: none"> • Spreading rumours • Excluding others • Writing notes • SMS messages/email
<p><i>Verbal:</i></p> <ul style="list-style-type: none"> • Threatening • Name calling/ teasing • Swearing at others • Ridicule (making fun) of another person because of their actions, appearance, physical characteristics or cultural background. 	

As a staff and school community we have a responsibility to take positive and consistent actions to deal effectively with bullying.

<p><i>Staff responsibilities:</i></p> <ul style="list-style-type: none"> • To model appropriate behaviour at all times. • To monitor and track incidences of bullying (using <i>EduPro</i>) and take appropriate action. • To implement school programs, which promote positive relationships and incorporate strategies to deal with bullying. • To communicate bullying incidents with parents when needed. 	<p><i>Parent responsibilities:</i></p> <ul style="list-style-type: none"> • To support the school's Anti-Bullying Policy. • To take an active role in their child's school life and watch for signs that their child may be being bullied. • To encourage their child to adopt learnt strategies to deal with bullying. • To instruct their child to "tell" if they are bullied. • To inform the school if any bullying is suspected.
<p><i>Student responsibilities:</i></p> <ul style="list-style-type: none"> • To show respect, consideration and support of others. • To "tell" if they are being bullied or if they see someone being bullied – both at school and on the way to and from school. • To attempt to use learnt strategies to deal with bullying incidents. 	<p><i>Consequences:</i></p> <p>When a bullying incident is reported or observed, the school will:</p> <ol style="list-style-type: none"> 1. Have discussions with the students involved. 2. Enter the incident/consequence into <i>EduPro</i> for future reference. 3. Take appropriate action e.g. detention, time-out in the classroom. 4. Report to parents of major bullying incidences. 5. Possible suspension.

Evaluation:

Incidents of bullying will be monitored on an ongoing basis. Student Welfare Programs will be evaluated annually. Data entered into *EduPro* is to be monitored by teachers and supervisors alike.

Appendix 1.

Strategies for students on how to deal with bullying behaviours:

- Stay in sight of peers and adults
- Try to stay calm. Practise keeping calm and walking away.
- Try to show you are not upset. Practise this.
- Look at the person. Try to speak in a strong voice. Say something like “You might think that but I don’t” or “Why are you doing this?”
- Use an “I” message. Express your feelings in an assertive way e.g. “I want you to stop” or “Please don’t do that, I don’t like it”
- Walk away quietly without looking back.
- Go to a safe place e.g. with other children; near a teacher
- Talk to someone who can help you. Tell them what has happened, how you feel and what they can do to help. This is not “dobbing”!
- Use humour if appropriate.

Most people have experienced some kind of bullying at some time, so do not be ashamed to SPEAK UP. It is OK To TELL!

Appendix 2:

Unless we are observant and watch for signs of bullying, we may never know that our children are involved.

Signs that your child may be being bullied:

- Dislikes school
- Lowered school performance
- Gets into trouble more often at school
- Wants to be taken to school even though it is close.
- Takes the long way home or walking instead of catching the bus.
- Possessions are damaged or missing
- Seems unhappy or depressed – cries easily and for no apparent reason
- Unable to explain bruises and scratches
- Complains of stomachache to avoid school.
- Asks for, or steals extra money
- Doesn’t seem to have any friends
- Has bad dreams
- Sleeps badly
- Wets the bed
- Gets angry with brothers and sisters
- Sudden mood swings and outbursts of temper
- Uses put-down language when speaking about others

Signs that your child may be bullying others:

- Aggressive behaviour – both inside and outside the home (teasing, threatening, hurting others)
- Difficult to manage
- Oversensitive – feels everyone is out to get him/her
- Unhappiness
- Loses temper frequently
- Quietness or depression
- School work is suffering
- Disturbing stories about the child – from other students, their friends or other adults.
- Sensing that other parents (whose children have contact with your child) are avoiding you, or hinting at things you don’t know.

NSW DET Anti-Bullying Policy

<http://www.schools.nsw.edu.au/studentsupport/studentwellbeing/anti-bullyingpolicy.php>