

# Smithfield Public School



## Anti-bullying Policy

### Activity Statement

At Smithfield Public School we value, respect and show tolerance of others in a safe and supportive environment. The Smithfield Public School community is committed to creating a dynamic, nurturing learning environment based on collaboration, equity and trust.

### Statement of Purpose

A safe secure learning environment fosters the development of the whole child to become a responsible, successful and respectful citizen.

Any inappropriate behaviour that gets in the way of teaching and learning at the school and interferes with the wellbeing of students cannot be accepted.

Students, teachers, parents, caregivers and members of the wider school community have a shared responsibility to create a safe and happy environment, free from all forms of bullying.

Students, teachers, parents, caregivers and members of the wider school community can expect:

- that students will be safe at school, free from fear of bullying, harassment, intimidation, domination and victimisation.
- to be involved in the collaborative development of the school Anti-bullying Policy.
- to know what is expected of them and others in relation to the Anti-bullying Policy.
- that all students will be provided with appropriate support when bullying occurs.

Students, teachers, parents, caregivers and members of the wider school community have a responsibility to:

- promote positive relationships that respect and accept individual differences and diversity within the whole school community.
- contribute to the development of the Anti-bullying Policy and support it through words and actions.
- actively work together to resolve incidents of bullying behaviour when they occur.<sup>1</sup>

<sup>1</sup> [https://detwww.det.nsw.edu.au/policies/student\\_serv/discipline/bullying/PD20100415\\_i.shtml](https://detwww.det.nsw.edu.au/policies/student_serv/discipline/bullying/PD20100415_i.shtml)

## Definition of Bullying

Bullying can be defined as intentional, **repeated** behaviour by an individual or group of individuals that causes distress, hurt or undue pressure.

Bullying involves the abuse of power in relationships. Bullying can involve all forms of harassment (including sex, race, disability, homosexuality or transgender), humiliation, domination, intimidation and victimisation of others.

### Bullying behaviour can be repeated:

<p style="text-align: center;"><b>Physical</b></p> <p>Hitting Punching Kicking Scratching Tripping Spitting Chasing Biting Taking other's property Using standover tactics</p>	<p style="text-align: center;"><b>Emotional</b></p> <p>Spreading rumours intentionally Intimidating gestures Hiding or damaging possessions Inappropriate notes, letters, phone messages, SMS, abusive emails, derogatory postings in chat rooms, threatening text messaging. Inappropriate use of camera phones Inappropriate use of the Internet in other people's names</p>
<p style="text-align: center;"><b>Social</b></p> <p>Ignoring Making rude, crude or cruel gestures Excluding children from activities</p>	<p style="text-align: center;"><b>Verbal</b></p> <p>Name calling Teasing Abuse Put down Sarcasm Insults Threats Bribing Daring-manipulating Racism</p>
<p style="text-align: center;"><b>Cyber</b></p> <p>Sending abusive texts or emails Taking and sharing unflattering photos Posting unkind messages or inappropriate images on social media Excluding others from online chats or other communication Assuming the identity of a person and representing them in a negative manner</p>	

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

### ***Student responsibilities:***

- To show respect, consideration and support of others.
- Behave appropriately at all times, including whilst using social media, respecting individual differences and diversity.
- 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.
- Follow the school anti-bullying policy.
- Respond to incidents of bullying according to the Anti-bullying Policy.

### ***Staff Responsibilities:***

- To model appropriate behaviour at all times.
- To build trusting relationships in and between students.
- Be observant of signs of distress or suspected incidents of bullying.
- Encourage students to ask for help when needed.
- Implement school programs, which promote positive relationships and incorporate strategies to deal with bullying.
- To communicate bullying incidents with parents when needed.
- To monitor and track incidences of bullying (Sentral) and take appropriate action.

The teacher who initially deals with an incident MUST be the one to resolve the issue and enter appropriate data (e.g. red slip) onto Sentral.

### ***Parent/Guardian responsibilities:***

- Support their children in all aspects of their learning.
- Support the school in actions taken to address bullying.
- 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.
- Support all students of the school to deal effectively with bullying.
- Support activities and initiatives of the school to minimise bullying and teasing.

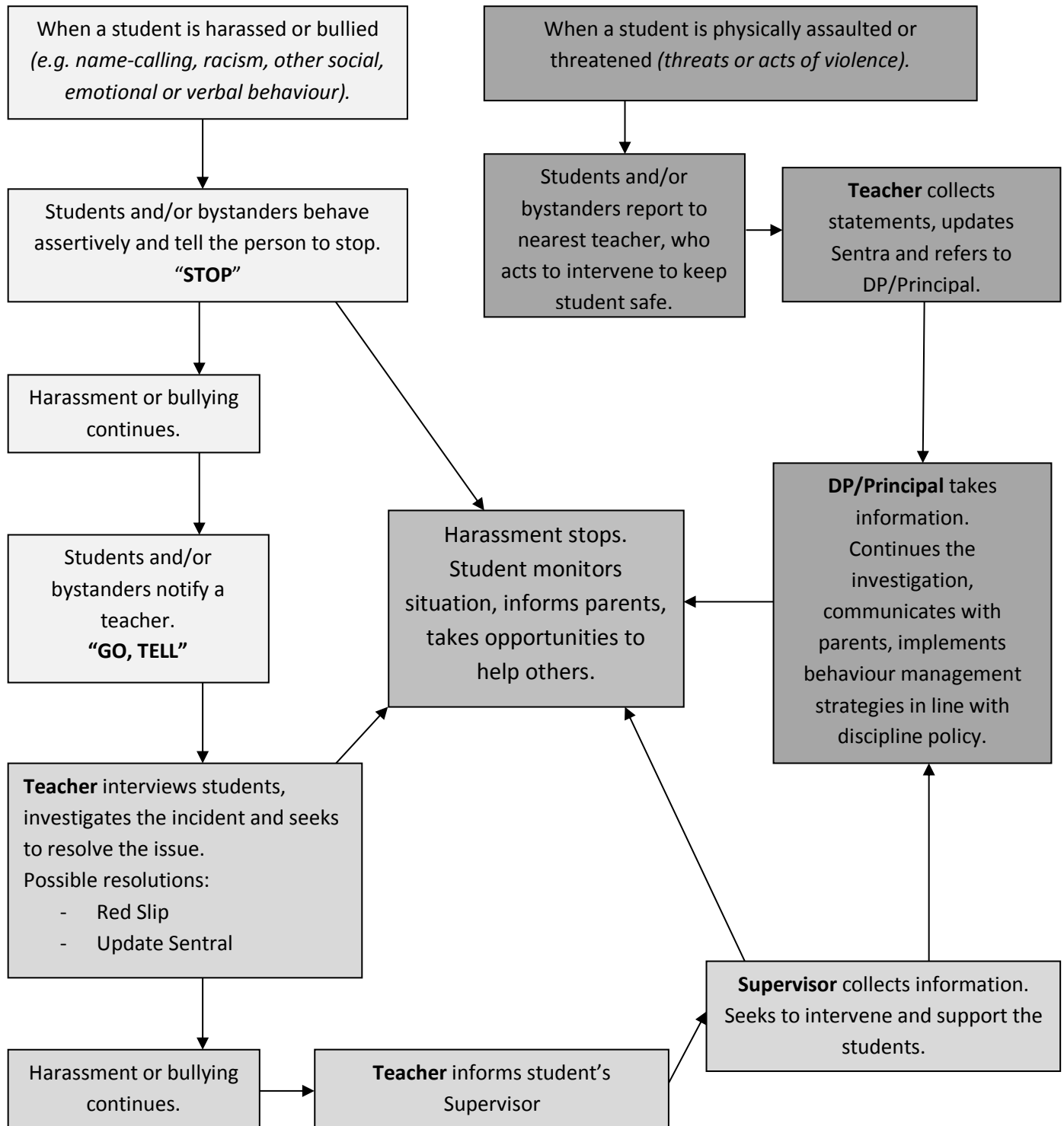
## Strategies for students: How to deal with bullying behaviours

- Be firm and strong even if you don't feel it.
- Look them straight in the eye and stand up tall.
- Tell them to 'stop' and walk away.
- Ignore them; pretend you didn't hear the comment.
- Find a friend to play with. Play with friendly children.
- If in the playground, go and tell the teacher on duty. If in the classroom, go and tell the teacher.
- Don't fight back physically; it will get you in trouble too.
- Ignore, by not responding to, inappropriate messages or threats through social media and alerting an adult. If the issue is brought to school, inform a teacher.

## Guidelines and Strategies for Parents/Guardians

Signs your child may be being bullied	What you can do
<ul style="list-style-type: none"> <li>• Dislikes school</li> <li>• Lowered school performance</li> <li>• Gets into trouble more often at school</li> <li>• Wants to be taken to school even though it is close to home</li> <li>• Takes the long way home</li> <li>• Possessions are damaged or missing</li> <li>• Seems unhappy or depressed - cries easily or for no apparent reason</li> <li>• Unable to explain bruises or scratches</li> <li>• Complains of illness to avoid school</li> <li>• Asks for or steals money</li> <li>• Does not seem to have any friends</li> <li>• Has bad dreams or sleeps badly</li> <li>• Wets the bed</li> <li>• Gets angry with family members</li> <li>• Sudden mood swings or outbursts of temper</li> <li>• Uses put down language when speaking about others</li> </ul>	<ul style="list-style-type: none"> <li>• Listen carefully to your child</li> <li>• Assure your child that it is not their fault</li> <li>• Stay calm</li> <li>• Get <u>accurate</u> details</li> <li>• Give your child some strategies to cope. Practise the strategies with your child</li> <li>• If your child is different in some way, help them to be proud of their differences</li> <li>• If the problem persists, seek assistance from the class teacher.</li> <li>• If the problem continues, seeks support from Assistant Principals.</li> <li>• Encourage your child to seek help in the playground from the teacher on duty.</li> <li>• Monitor your child's social media interactions.</li> <li>• Only allow your child to access age appropriate social media sites.</li> </ul>
Signs your child may be bullying others	What you can do
<ul style="list-style-type: none"> <li>• Aggressive behaviour - both inside and outside the home (teasing, threatening, hurting others)</li> <li>• Difficult to manage</li> <li>• Oversensitive - feels everyone is out to get them</li> <li>• Unhappiness</li> <li>• Loses temper frequently</li> <li>• Quietness or depression</li> <li>• School work is suffering</li> <li>• Lack of friends</li> </ul> <p>NB: Please note that some of the signs noted above can be reflective of alternative causes so please consult your child's teacher when you have concerns.</p>	<ul style="list-style-type: none"> <li>• Initially you may be defensive and unbelieving. This is natural.</li> <li>• Find out all the facts preferably from the school by communicating with the classroom teacher.</li> <li>• Talk to your child but do not blame. Try to determine the reason behind the behaviour.</li> <li>• Emphasise that bullying is not acceptable in your family</li> <li>• Role play alternative behaviours</li> <li>• Speak regularly with your child regarding school matters and focus on the positive aspects.</li> <li>• Speak with your child's teacher.</li> </ul>

## FLOW CHART of Anti-bullying procedures



## **Prevention:**

Students engage in an anti-bullying program taught through PD,H,PE (Personal Development, Health and Physical Education).

## **Early Intervention:**

Teachers will be observant of signs of distress or suspected incidents of bullying. If a teacher identifies a student displaying these signs, the teacher will implement one or some of the following strategies:

- Provide opportunity for additional skill development (e.g in violence prevention, help the student to develop positive peer relationships)
- Discuss concerns with parents and engage parent support
- Refer to the supervisor / learning support team.

## **Response:**

Teachers respond promptly to claims of bullying. They will investigate the incident and seek to resolve the issue. Teachers will follow the procedures outlined in the flowchart found in this Policy to address bullying.

Where critical, the Principal or Deputy Principal will contact the Child Wellbeing unit or Community Services. External agencies may be sought for support during or after bullying issues such as, the Police Youth Liaison Officer, counselling, Kids Helpline and other family support agencies.

## **Evaluation:**

The Anti-bullying Policy must be reviewed on a regular basis, so that all members of the school community are aware of and remain committed to it. The Policy should reflect the current teaching and learning practices at the school. The review will provide opportunities for reflection and renewal.

Strategies to review the school Anti-bullying Policy include:

- evaluating the extent to which the school's Anti-bullying Policy continues to be appropriate in addressing bullying, harassment and victimisation and promoting a safe and secure environment.

Schools should develop and implement a revised Policy, if necessary, following a review.

At Smithfield Public School, the review of the Anti-bullying Policy will occur on a regular basis