

## What is bullying?

**Bullying is:** when the following things happen again and again to someone and it is hard for the person being bullied to stop these things from happening.

### Bullying can be:

#### Exclusion

Being ignored, left out on purpose, or not allowed to join in.

#### Physical

Being hit, kicked or pushed around.

#### Lies or Rumours

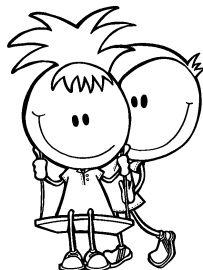
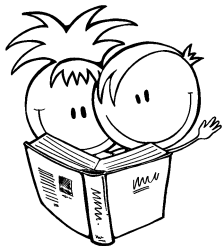
When lies or nasty stories are told about someone to make other kids not like them.

#### Threats

Being afraid of getting hurt.

#### Verbal Abuse and Teasing

Being made fun of and teased in a mean and hurtful way.



## Why does bullying happen?

There are a lot of reasons why some people are bullies:

- It may be seen as a way of being popular, or making themselves look tough or "cool" and in charge
- It may be to get attention or other people's personal possessions
- It may be to make other people afraid of them
- It may be that some people are jealous of the person they are bullying
- It may be that they are bullied themselves
- It may be that they do not even understand how wrong their behaviour is and how it makes the bullied person feel



**At Paringa Park Primary School, community members have the right to feel safe and if bullied will be provided with help and support.**

## What Can Students Do About Bullying at School?

### Prevent Bullying:

- Respect yourself and others
- Provide support to anyone you observe being bullied
- Be assertive
- Be tolerant and accept differences
- Report incidences of bullying

### Use the STOP, THINK, TALK strategy if being bullied:

#### STOP - What is happening to me?

- How do I feel?
- Is the situation really bothering me?
- Is this a bullying situation?

#### THINK - What can I do?

- Believe in yourself. Don't believe what a bully says to you. You know it isn't true
- Tell the bully what behaviour you don't like and what you want to happen
- Walk away
- Ask for help

#### TALK - Who can I talk to?

- Talk to a trusted adult. It could be your teacher, the Principal or staff member.
- Ask the person to help you to make a report

## Be a responsible bystander. If you witness bullying behaviour:

### DO:

- Care enough to report it to a teacher
- Give accurate information about the situation
- Support the victim
- Report it using the email address

### DON'T:

- Protect the bully by remaining silent
- Watch or show amusement

## School procedures in the Prevention of Bullying Behaviours:

### Prevention

Our school community has a commitment to maintain and promote a school culture of caring, friendship, tolerance, communication and inclusion.

We do this by:

- Establishing positive learning environments through collaborative practices
  - o What is a quality classroom?
  - o What is a quality schoolyard?
  - o Agreement of classroom behaviours.
- Explicitly teaching about reducing bullying
- Teaching relevant social skills: assertiveness, conflict resolution and communication skills to reduce bullying
- Social Skills Programs: Program Achieve and Bounce Back are taught
- Class meetings and Student Representative Council are forums to improve class and yard behaviours



### Intervention

- Teaching **STOP, THINK, TALK**
- All reports of bullying are addressed
- The severity of the bullying behaviour will be assessed with appropriate consequences
- Counselling children who have been bullied, the bystanders and the bully using Restorative Justice Practices
- Talking to parents/caregivers

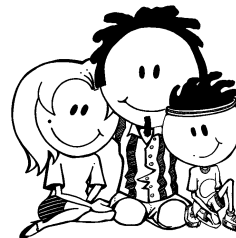
### Post Intervention

- Monitoring of students identified through surveys and other reports from students, staff and parents
- Talking with parents or caregivers about strategies
- Reviewing yard duty procedures to ensure they are effective
- Reviewing and evaluating behaviour codes and procedures

## What can parents do if their child is being bullied?

If you suspect your child is being bullied, encourage them to talk to you about it.

- Listen carefully and sympathetically for the facts
- Explore strategies with your child, eg:
  - o Being more assertive
  - o Making other friends who can help
- Decide whether the problem should be discussed with the school
- Contact the school, be prepared to report what has been happening
- You can be assured that the case of bullying you describe will be carefully investigated and dealt with.
- Never dismiss the matter by saying your child must stand up to bullies



[www.bullyingnoway.com.au](http://www.bullyingnoway.com.au)

for more help or call  
Kids help line 1800 55 1800  
Contact the school on  
82968904

## Paringa Park Primary School



## Reducing Bullying

At Paringa Park Primary School we work together to address bullying to ensure that all students are able to achieve their personal best by:

- Valuing and respecting each other
- Being responsible for their own behaviour
- Making the best choices
- Learning and playing in a safe and happy environment



Government  
of South Australia  
Department for Education  
and Child Development