**BULLYING AND HARASSMENT**

*Bullying is repeated oppression, psychological or physical, of a less powerful person or group of persons. (Rigby, 1996:15)*

**For example, bullying occurs when a person ….**

* is called names
* is threatened
* is put-down
* is teased in an unkind way
* is ridiculed
* has property hidden, damaged, stolen or destroyed
* is physically hurt
* has graffiti written about him or her
* is left out
* is sent hurtful notes
* is sent hurtful text-messages
* is singled out for unfair treatment
* is picked on
* has rumours spread about him or her
* is stalked or given dirty looks

**If someone is bullied he/she**

* may be confused and not know what to do about it
* may feel sad, frightened, unsafe, sick, embarrassed, angry, unfairly treated
* it can affect school work
* it can affect family and friends

**Possible Signs and Symptoms of being bullied:**

* have unexplained cuts and bruises
* have equipment or personal items hidden, damaged, stolen or destroyed
* complain of vague headaches, stomach aches or feeling sick
* wet the bed, bite nails, have poor sleep patterns and bad dreams
* exhibit unusual emotional outbursts or mood swings
* withdraw from friends or family
* appear anxious, insecure, sad, teary, depressed, secretive
* have low self-esteem
* display an unwillingness to go to school
* sit alone in class or be alone in the playground
* change friendship groups frequently
* come home hungry (because lunch money or food had been taken)
* want extra money without giving a reason
* show deterioration in school work
* avoid participating

**At Windellama Public School we support students through:-**

* active Student Welfare practices
* encouraging students to employ strategies taught during our Peer Support Program
* create positive classroom environments
* consistently rewarding positive behaviour and effort
* classroom-based Personal Development Programs
* the Child Protection Program
* the Drug Education Program
* the K-6 Peer Support Program
* class discussions
* developing positive Student Leadership roles
* an active School Learning Support Team
* programs for extension and enrichment
* an active P & C

**You can control what happens by following the action plan:**

If you are being bullied or harassed in the playground ….

* Take a deep breath
* Look directly into the eyes of the person attempting to bully you
* Speak in a firm, clear voice and say loudly, ‘Stop that, I don’t like it!’
* Go directly to your teacher (or the teacher on playground duty) if the attempts to bully you don’t stop and report what happened

Any further incidents of bullying or threatening behaviour by the same person may result in him/her ….

* Sitting in the time-out area in the playground or classroom
* Being on detention to consider more appropriate behaviour
* Having parents contacted by the school and informed of the bullying behaviour

If you witness bullying behaviour always challenge/report it.

**Remember … it’s up to you!**

**Take control of the situation.**

**When students, parents and staff work together we create a safe and caring environment.**

*Students!* You can control what happens by,

* following the action plan
* not retaliating with physical or verbal bullying
* telling an older person

*Parents!* You can control what happens by-

* watching for signs of distress in your child
* listening to your child
* giving assurance and support
* discussing the action plan with your child
* advising your child to tell a staff member
* informing your child’s class teacher of suspected bullying
* attending interviews at school

*Staff!* You can

* be role models in words and actions
* ensure students feel safe and valued in the classroom
* students are listened to
* be observant of signs of distress or suspected incidents of bullying
* encourage students to ask for help when needed
* report bullying to the Principal



**Feeling safe and valued**

**at**

**Windellama Public School**

*Our school community is committed to providing a safe and secure environment promoting personal growth and excellence by developing confidence and self-esteem.*

You can control what happens.