

What parents can do to support their children

Stay calm when talking to your child and at all times help them to feel safe and supported.

Tell them:

- that you are pleased that they have told you
- that you believe them
- that you are sorry to hear it has happened
- that you take it seriously because bullying can have serious long-term consequences (do not trivialise the bullying as it makes the child feel bad)
- that you are there to help them if they want to talk through and practise ways to respond to bullying (you may be the most appropriate person to talk to and know what to say).

You may want to call the school to check that your child has spoken to someone about the problem.

Remember:

Reassure your child of your support at all times.



Useful resources:

www.bullyingnoway.com.au

www.kidsmatter.edu.au

www.kidshelp.com.au

www.cybersmart.gov.au



If you would like further information about our Student Behaviour Management Policy or if you would like to know anything else about our school, please contact us.

Telephone: **08 92945500**



Anti-Bullying Policy

St Anthony's School

Belief Statement

We believe each person:

- has the right to feel safe and to be treated with respect
- has the right to be treated as a worthwhile individual
- must learn, understand and practise the Anti-Bullying Policy

We take bullying very seriously. This policy explains what bullying is and with your support, what we can do to stop it happening at our school.





What is bullying?

Bullying is *repeated* verbal, physical, social or psychological behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons.

Bullying occurs when people use and abuse power to trouble, annoy or oppress a person. Bullying can be planned and organised or it may be unintentional.

Bullying can often be based on perceived differences such as culture, ethnicity, gender, economic status, religion, physical appearance, age, etc.

Cyber bullying refers to bullying through information and communication technologies.

Bullying of any form or for any reason can have long-term effects on those involved including bystanders.

Bullying and harassment can come in many forms, for example:

Physical bullying: being hit, tripped, kicked, pinched, etc.

Verbal bullying: being called names, being teased, being put down, etc.

Cyber bullying: insulting someone in chat rooms, sending cruel or threatening emails/text messages, using the web, chat rooms or mobile phones to spread rumours or information about someone.



Bullying can



- be motivated by jealousy, distrust, fear, misunderstanding or lack of knowledge
- make people feel threatened
- continue over time
- be hidden from adults
- continue if adults and peers take no action
- be threatened and actual harassment.

What can you do about bullying?

If you are bullied or you know someone who is being bullied, please report it.

Who to report it to

Tell your parents or caregivers, your teacher, a staff member you feel comfortable with or the school Social Worker.

How to report

Tell a trusted adult where the bullying happened, how often it has happened and what you have done to try and stop it happening.

When to report

Report the bullying to a trusted adult as soon as it happens. Do not ignore it. When bullying is ignored it may get worse.

What do we do about incidents of bullying?

We use prevention, intervention and post-intervention strategies to support us in dealing with bullying.

Prevention strategies include:

- Promoting and teaching school values:

Act justly, Walk humbly, Love tenderly.

- using the curriculum to teach students about respectful relationships, citizenship, ethical behaviours, personal and social competence, intercultural understanding and self-identity and awareness.
- developing programs to help students participate and have a say in their learning.

Intervention strategies include:

- putting consequences in place for those who bully others
- teaching students to be responsible bystanders and seeking help and support from adults as opposed to 'jumping in and fighting'
- ensuring that all staff know how to address bullying effectively and respectfully.

Post-intervention strategies include:

- monitoring the situation between the students to ensure that their safety and wellbeing are maintained
- talking with parents or caregivers about strategies to support their child at home and at school
- reviewing and evaluating behaviour codes and policies.

