

## WHAT IS BULLYING?

Bullying occurs when someone acts aggressively towards another. It is a deliberate attempt to make someone feel uncomfortable or unhappy. It is usually a conscious desire to hurt, threaten or intimidate someone. This may be done physically, verbally or psychologically.

### Bullying might be ...

- Nasty looks
- Name calling
- Put downs
- Teasing
- Excluding someone from your group or game
- Physically hurting someone
- Discrimination based on a person being different in some way.

### What are the signs?

- Bullying may be difficult to see.
- It usually happens out of sight.
- The people who are most likely to know what is going on are other children.

### What can you do?

Children need to

- Feel believed and listened to.
- Develop trust in how parents and teachers will handle it.
- Talk openly about what is happening.
- Gain some control over what is happening.
- Learn things they can do to protect themselves.
- Regain self-confidence.

## HOW TO HANDLE A BULLY

- Avoid the bully.
- Use humour to deflect the bully.
- Be firm and strong even if you don't feel it.
- Ignore the bully; pretend you didn't hear the comment.
- Play with friendly children. Seek help from peer mediators.
- Avoid fighting back physically.
- Tell your teacher or the teacher on duty.
- Change the subject to deflect the bully.
- Use silent self-talk to reinforce your confidence.
- Help your friends against the bully.

**REMEMBER** the life of a bully is not pretty.

## Information for Parents if your child is being bullied

- Listen carefully to your child.
- Assure your child that it is not their fault.
- Stay calm.
- Get accurate details.
- Give your child some strategies to deflect the bully. Practise the strategies with your child.
- If your child is different in some way, help them to be proud of their differences, but find some areas of similarity.
- If the problem persists, encourage your child to seek assistance from peer mediators.

- If the problem continues seek support from the class teachers, Assistant Principals or Principal. We will take action.

### If your child is the bully

- Initially you may feel defensive and unbelieving. This is natural.
- Find out all the facts from the school.
- Talk to your child but do not blame.
- Emphasise that bullying is not acceptable in any situation.
- Role play alternative behaviours.
- Seek assistance from school.
- Be specific re consequences for continuing unacceptable behaviours and be consistent.
- Encourage appropriate behaviour and effort.

## OUR BULLY BUSTING CONTRACT

(To be discussed with, and signed by every student)

1. NWPS students, staff and parents will not tolerate bullying or harassment of any kind. We are totally opposed to all forms of bullying.
2. We will make a real effort to be tolerant of others regardless of their abilities, disabilities, race, religion, beliefs appearance or any other differences.
3. We will never ignore bullying or condone it when we see it occurring. We will try to stop it.
4. We will be fair in the playground sharing our games and playground space with others.
5. We will be kind to others even if they are not our special friends.
6. We will talk to our teachers about problems that occur at school or on the way to and from school.
7. Talking about problems is not dobbing. We just want to make our school safer for everyone.
8. We will seek help from our friends, peer mediators, parents, teachers, the Assistant Principals or the Principal if we are worried about any aspect of bullying.
9. As an individual member of NWPS I am committed to saying NO to Bullying and I will not support or cover up for bullies under any circumstances.

Student's Signature \_\_\_\_\_

Witness by a friend \_\_\_\_\_

Witnessed by my parents \_\_\_\_\_

**NWPS teachers a specific Social Skills Program K-6 annually.**

**The concepts covered are re-visited as required.**

### **NORMANHURST WEST PUBLIC SCHOOL'S CODE OF CONDUCT FOR ACCEPTABLE BEHAVIOUR**

- We all have a right to feel safe and happy at our school
- We all have a right to be treated with respect and dignity
- Students have a right to learn
- Teachers have a right to teach
- All students will be treated fairly.

#### **What will happen to bullies at NWPS?**

1. Interview with Assistant Principals or Principal.
2. Official caution and opportunity for restitution.
3. Communication with parents.
4. Case conference with parents, the students involved and school executive staff
5. Opportunity for conflict resolution.

**Put this brochure on your fridge**

## **SAY NO TO BULLYING**



All people have a right to be treated with fairness and tolerance.

#### **United Nations Charter**

*states that*

Every child is entitled to an education.  
Every child is entitled to be safe.

Each of us has a responsibility to be a good citizen in our society.