

STRATEGIES THAT WILL BE USED TO MANAGE AND REDUCE BULLYING

❖ **CLASSROOM EDUCATION**

Preventative classroom activities and games about issues related to bullying behaviour.

❖ **BEHAVIOUR MANAGEMENT**

Bullying will not be tolerated. Students involved in bullying will receive appropriate consequences.

❖ **ESTABLISHMENT OF PROCEDURES**

Students involved in a bullying incident will be given clear steps to follow. This includes steps from the action plan overleaf for both victim and bully. Students will also be provided with counselling and support.

❖ **PARENT EDUCATION**

Resources, information packages and school initiated meetings.

❖ **MONITORING AND REVIEW**

This policy will be monitored and reviewed on an ongoing basis.

HOW CAN PARENTS HELP?

As parents you are the most influential models for your child.

TAKE AN ACTIVE INTEREST

- In what your child does at school.
- In their cultural, social and sporting life.

FOSTER A TOLERANT HOME LIFE

- Encourage your child to bring friends home.
- Accept and tolerate differences within others.
- Set firm but fair boundaries with your child's input.
- Demonstrate care and consideration for others.

ENCOURAGE YOUR CHILD

- Nurture your child's positive qualities and interests.
- Value your child as they are.

DISCUSS BULLYING

- Talk about the school's expectations.
- Advise that retaliation does not solve the problem.
- Impress on students the importance of reporting all incidences to the class teacher and administration.
- Explain what to do if your child is a witness ie: Witness must affirm that bullying must stop to the bully.

Our pledge

"I will not bully others. I will not stand by while others are bullied. I will report bullying whenever I see.



Preventing and Managing Bullying Policy

At Mount Pleasant Primary we believe that the environment for students, staff and parents should be safe and free from violence, victimisation, harassment and bullying of any kind.

We aim to uphold a 'ZERO TOLERANCE' approach, as bullying infringes on our fundamental rights of safety and fair treatment.

Collaborative support from the whole school community is vital in establishing and maintaining an environment in which everybody feels valued and safe, where differences are genuinely accepted and the esteem of individuals is promoted.

WHAT IS BULLYING?

Bullying is *repetitive*, unprovoked aggressive behaviour towards another person. It causes hurt, pain, fear or distress and is characterised by an imbalance of power.

Bullying comes in many forms:

PHYSICAL: shoving, punching, hitting, kicking, pinching or damaging belongings.

VERBAL: put-downs, teasing, name-calling, racist taunts, mocking.

EXTORTION: forcing another student to hand over food, money etc.

EXCLUSION: rumours, gossip, whispers, being 'left out', ignoring.

BODY LANGUAGE: silent stares, dirty looks, nasty faces, rude gestures.

CYBER: Using email, SMS or websites to bully individuals or groups.

WHAT ARE THE WARNING SIGNS?

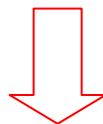
- Unwillingness to attend school.
- Loss of self-confidence.
- Declining academic performance.
- Damaged clothing, frequent loss of personal property.
- Uncharacteristic mood changes.
- Withdrawal from social activities.

ACTION PLAN: HOW TO EMPOWER STUDENTS WHO ARE BULLIED

If you do not feel safe you can:

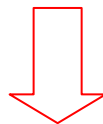
Ignore the bullying behaviour and show that it is not upsetting you.

IF BEHAVIOUR CONTINUES



If you feel comfortable, tell the person how you feel and that you want them to stop immediately.

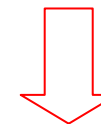
IF BEHAVIOUR CONTINUES



Talk to someone you can trust to help you:

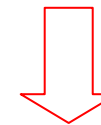
- Parents.
- Friends.
- Teacher.
- Student Councillor.

IF BEHAVIOUR CONTINUES



Talk openly about the unwanted behaviour with teachers. Share what you have already tried and an action plan will be implemented with the person/s involved. Continue to monitor the situation.

IF BEHAVIOUR CONTINUES



Go to a Deputy Principal or the Principal. Talk openly about the problem and allow the school to take action, eg:

- Counselling for the bully.
- Family involvement.
- Disciplinary action.

If your child reports being bullied, treat the concern seriously and talk about it.

Share your concerns with your child's teacher.