



# Oak Valley Anangu School

## OUR BELIEFS

We believe that:

1. Bullying has no place in our school.
2. Bullying is everyone's business.

## WHAT IS BULLYING?

*"Bullying is repeated verbal, physical or social behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons. Cyber-bullying refers to bullying through information and communication technologies. Conflict or fights between equals and single incidents are not regarded as bullying. Bullying in any form or for any reason can have long-term effects on those involved, including bystanders. Bullying is behaviour that may cause hurt, fear and stress. Bullying is an abuse of power."* Safe and Supportive Schools Communities Management Group

## TYPES OF BULLYING

- **Verbal** – name calling, swearing (including sexual swearing), put downs, threats.
- **Physical Aggression** – fighting, hitting, tripping, poking, punching, kicking, spitting, hair pulling, threatening hand signs, damaging property.
- **Social** – ignoring, leaving out, pulling a face, disrespecting.
- **Psychological** – spreading rumours, stealing, lying, and telling secrets.
- **Cyber** – using technology to bully via text messages, voice mails, photos, videos and social networks.

## WHAT TO DO IF BULLYING OCCURS

### WHAT CAN A STUDENT DO?

- Ignore the bully
- Tell the bully to stop
- Use a power sentence: *"I'm not listening!"* or *"Stop bullying me!"*
- Take three deep breaths and remove yourself from the person
- Go to a safe place and DO NOT respond
- Tell someone – a friend, parent, teacher
- Report the problem to an AE or the Anangu Coordinator
- Ring a help-line

### WHAT CAN A PARENT DO?

- Talk to your child and help them do any of the suggestions above
- Empower your child with the confidence to say NO to bullies and/or report the problem
- Arrange a meeting with the teacher or AE to talk about the problem
- Call a help-line

### **WHAT CAN AN ANANGU EDUCATOR DO?**

- Counsel both children without blaming
- Ask for help from the teacher, if needed
- Report the problem to the teacher and help fill out an incident report

### **WHAT CAN A BYSTANDER DO?**

- Tell the person bullying to STOP!
- Be a friend to the person being bullied
- Seek help
- DO NOT ignore it. When bullying is ignored, it may get worse.

### **WHAT WILL WE DO AT SCHOOL?**

- Teachers and AEs will listen to the person being bullied and the person who has bullied
- Teachers and AEs will help everyone involved to solve the problem
- We will work out a plan to make things better
- The student/s who are bullying will complete a 'time out' and be counselled by leadership. If the bullying continues, the student will participate in a family meeting.
- We will record the incident and the type of support given on EDSAS
- Severe bullying may result in a "take home"
- If bullying continues, there will be clear consequences which may include counselling,
- referral to CAMHS, internal or external suspension

If a staff member feels they are being bullied, they can:

- Talk to the Anangu Coordinator or Principal or phone the AEU
- Ring 1300 360 364 "Employee Assistance Program" (a free service)

### **NEED MORE INFORMATION OR HELP?**

**Bullying No Way:** [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au)

**Kids Helpline:** [www.kidshelp.com.au](http://www.kidshelp.com.au) 1800 551 800

**Child and Youth Health Parent Line:** [www.cyh.com](http://www.cyh.com) 1300 364 100

**Cyber Safety:** [www.cybersmart.gov.au](http://www.cybersmart.gov.au)