

HOW CAN I TELL IF MY CHILD IS BEING BULLIED?

Children who are being bullied at school may not always tell teachers about it. They may be afraid to tell, thinking that it may make the situation worse.

This is why, as a parent or caregiver, you have an important part to play in helping your child and the school deal with bullying.

SIGNS THAT A CHILD IS BEING BULLIED MAY INCLUDE:

- » Refusal to go to school and finding excuses not to go (eg pretending to be sick).
- » Unexplained cuts, bruises or scratches.
- » Illness without any possible cause.
- » Unexplained change of mood, tension or emotional distress (crying, acting out, periods of sadness)
- » Damaged or missing clothing / possessions.

WHAT SHOULD I DO IF I SUSPECT MY CHILD IS BEING BULLIED?

You may feel anxious or upset if your child tells you that they have been bullied. However, it is important that you remain calm.

- » Listen to your child
- » Find out what happened. Who was involved (including bystanders / witnesses) and when and where the bullying / harassment took place?
- » It is important to let your child know that telling you about the bullying / harassment was the right thing to do.

- » Encourage your child to talk to a staff member.
- » Parent or caregivers must not approach the students / parents / caregivers.
- » Talk to school staff and let them work through the issue with you and your child.

INFORMING THE SCHOOL

Grievance Procedures

- » **Tell the school staff as soon as possible so we can work together to resolve the problem.**
- » **Talking with the school staff about your concern is an important step in resolving it.**
- » **We believe that it is important that grievances are kept confidential.**

Parents and caregivers can address their grievances at the school by:

1. Making an appointment to see the classroom teacher to discuss the concern.
2. If you feel as though your concern has not been resolved, make an appointment to see a Senior Leader or the Principal.
3. If the issue has not been usefully resolved, contact 8314 4000 and ask for the Education Director, Mr David O'Brien.

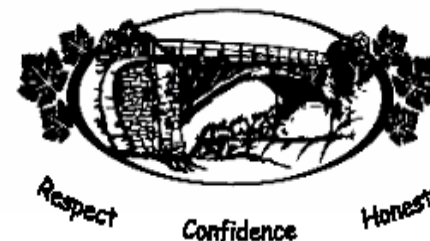
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Government of South Australia
Department for Education and
Child Development

Angle Vale Primary School

Building Our Bridge To The Future



Information On Dealing With Harassment

Help to make our school a safe and caring environment for everyone.



At Angle Vale we value

Respect

Honesty

Confidence

WHAT IS BULLYING AND HARASSMENT

Bullying

Bullying is repeated or ongoing abuse of power, where a person or group uses behaviour to hurt, upset, scare or shame another person.

Harassment

Harassment is unwanted and unwelcome behaviour that is usually but not always repeated.

Bullying and harassment at school can involve students, teachers, school support staff and parents.

BULLYING AND HARASSMENT HAPPENS IN DIFFERENT WAYS:

Physical - Hitting, pushing, touching, rubbing, grabbing, spitting, taking /damaging property and using weapons.

Sexual - Any unwelcome written, verbal or physical contact of a sexual nature.

Verbal and Written - Spoken or written insults, threats, suggestive comments, name-calling, unfair criticism and rumour spreading.

Face and Body Signals - Looks, stares, facial expressions, and signs.

Cyber - Using email, voice and text messages, photographic and video images.

Graffiti - Using pictures, tags or words.

Group - Forming groups to leave out, ignore and disrespect others.

Indirect - Influencing or organising someone else to harass.

Discrimination - Discrimination in schools is against the law and harms relationships. Harassment can be about discrimination based on a persons':

- **Sex** - Being female or male
- **Gender** - Acting masculine or feminine
- **Cultural and Spiritual Identity /Race / Ethnicity** – Culture, beliefs, religion, language, heritage, clothes, food, skin colour or physical appearance
- **Appearance** - Body shape and size, clothes and accessories
- **Disability** - Physical, intellectual or medical
- **Financial Status** - How rich or poor
- **Age** - How old

WE FOLLOW-UP INCIDENTS BY:

- » Counselling students who have been harassed
- » Counselling students who have bullied/harassed others
- » Communicating with parents or caregivers about the situation
- » Negotiating consequences
- » Putting consequences in place for students who bully/harass others

WHAT DOES THE SCHOOL DO TO REDUCE BULLYING/HARASSMENT?

At Angle Vale Primary School we use a range of preventative, intervention and follow-up strategies to best deal with the situation by:

- » Using Restorative Practices to repair and strengthen relationships
- » Teaching lessons that focus on harassment / bullying where students are explicitly taught how to handle bullying / harassment and what to do about it
- » Educating students on how to be confident and to cooperate and get along with others
- » Encouraging students to bounce back and be resilient
- » Teaching students about conflict resolution, anger management, problem solving and assertiveness training
- » Promoting student voice with all students at the school
- » Providing Professional Development for all staff on bullying/harassment and how to deal with it
- » Providing Professional Development for staff on using Restorative Practices
- » Teaching students about honesty, responsibility, respect and empathy

