

WHAT DOES THE SCHOOL DO ABOUT BULLYING?

At Angle Vale Primary School our teachers will teach you how to:

- Keep yourself safe
- Handle harassment and what to do about it
- Be confident and to cooperate and get along with others
- Bounce back and be resilient
- Listen to and support the person who has been bullied

At Angle Vale Primary School our Teachers listen to:

- Support the person who has been bullied
- Work with the student who has bullied and get them to think about the consequences of their actions
- Give consequences to students who bully others. These consequences may include timeout, restricted play, take home or suspension
- Talk with parents of students who bully

KIDS HELP LINE

Free call: 1800 55 1800

www.kidshelpline.com.au

24 HOUR TELEPHONE AND ONLINE COUNSELLING FOR YOUNG PEOPLE

DON'T BE A BYSTANDER DON'T WATCH BULLYING HAPPEN!

A bystander is an onlooker or spectator to bullying and harassment.

Be part of the solution not part of the problem.

- Let the person doing the bullying know what they are doing is wrong.
- Help the situation by taking away the audience – WALK AWAY!
- Use assertive body language and say "Stop it, leave them alone!"
- If you watch silently or laugh, you are helping the bully.
- Encourage the person who is being bullied to get away from the situation and ask for help from an adult.
- If you know someone is being bullied it is your responsibility to report it to a teacher, Senior Leader or Principal.



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Government of South Australia
Department for Education and
Child Development

Angle Vale Primary School

Building Our Bridge To The Future



Respect Confidence Honesty

Student Information How To Stop Bullying and Harassment

We all have the right to be safe.
Help to make our school a safe
and caring environment.



At Angle Vale we value

Respect

Honesty

Confidence

WHAT IS BULLYING AND HARASSMENT?

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

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 CAN HAPPEN IN DIFFERENT WAYS

Physical - hitting, pushing, touching, rubbing, grabbing, spitting, taking or 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 - voice messages, email, text messages, photographic / video images.

Graffiti - pictures, tags or words.

Group - forming groups to leave out, ignore or disrespect others.

Indirect - influencing or organising someone else to bully or harass.

Discrimination

Discrimination is bullying / harassment based on:

- **Gender** - being female or male
- **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.
- **Finance Status** - how rich or poor
- **Age** - how old a person is

SOME PLACES WHERE BULLYING AND HARASSMENT MAY OCCUR

- On the way to and from school.
- In the school yard or on the oval
- In the classroom
- In the corridors
- At the toilets
- On computers
- On excursions and camps
- Or anywhere.....

DO YOU BULLY OR HARASS?

If you hurt, upset or shame another person a teacher can help with the problem.

You will be given fair opportunity to

- Show that you are willing to take responsibility for and talk about your behaviour
- Show that you are sorry for what you have done
- Make suggestions to help repair harm and damage

We may offer you

- Counselling
- Skills training
- Special programs to help you stop bullying and harassing
- A meeting with your parents

If you continue to bully and harass, you will face more serious consequences.

WHAT TO DO IF YOU ARE BEING BULLIED?

If you are being bullied

- Ask the person to stop
- Tell a teacher
- Make an appointment to see a Senior Leader or the Principal. You can take a friend to support you
- Tell your parents / caregiver, and ask them to contact the school

