



STRATHFIELD SOUTH PUBLIC SCHOOL

ANTI-BULLYING – Information for parents and caregivers

Students learn best in environments in which they feel safe. Bullying devalues, isolates and frightens people so that they no longer believe in their ability to achieve. It has long term effects for those doing the bullying, their targets and the onlookers.

One of the expectations of good discipline in NSW government schools is that there will be no violence, discrimination, harassment, bullying or intimidation.

Bullying can be defined as intentional, repeated behaviour by an individual or group of individuals that causes distress, hurt or undue pressure.

Bullying involves the abuse of power in relationships. Bullying can involve all forms of harassment (including sex, race, disability, homosexuality or transgender), humiliation, domination and intimidation of others.

Bullying behaviour can be

- **verbal** eg name calling, teasing, abuse, putdowns, sarcasm, insults, threats
- **physical** eg hitting, punching, kicking, scratching, tripping, spitting
- **social** eg ignoring, excluding, ostracising, alienating, making inappropriate gestures
- **psychological** eg spreading rumours, dirty looks, hiding or damaging possessions, malicious SMS and email messages, inappropriate use of camera phones.

Most bullying involves verbal taunts and focuses on any number of characteristics including a person's appearance and taste in clothes, level of skills, ideas or feelings, choice of friends, family circumstances or cultural differences. It can also take the form of sexual harassment.

At our school:

- Children have the right to be safe.
- Bullying behaviour will not be tolerated.
- Students will be encouraged to speak out and inform school personnel if they are being bullied.
- Students will be made aware of their rights and responsibilities and procedures for dealing with instances of bullying and the necessary support available within the school.
- Steps will be taken to protect students from harassment by others.
- Cultural and linguistic diversity is acknowledged and valued so that all students, parents and employees are able to express their own cultural identity, relate in a positive way to others of diverse backgrounds and recognise the benefits of diversity for Australian society.

Strategies for Parents:

- Teach your child that bullying is not acceptable anywhere at any time.
- Model appropriate behaviours which are consistent with the school Anti Bullying Plan.
- Watch for signs of distress in your child e.g. not wanting to go to school, persistent headaches or feeling sick, missing equipment, wanting extra money, damaged clothing, bruises or cuts or other injuries and sadness.
- If your child feels she/he can't tell anyone at school you should inform the school immediately that your child is being bullied.
- Do not encourage your child to fight or back answer.
- Be willing to tell the school of any cases of suspected bullying even if your own child is not directly affected.
- Report incidents to school personnel rather than intervene.