

COMMON EXCUSES

used by bullies

- "I was only joking."
- "I didn't mean anything by it."
- "It was just a bit of fun."
- "It's ok, they know I don't mean it."
- "They started it."

DON'T TAKE IT:

Remind yourself that you have the right to feel safe.

DON'T DO IT:

You have the responsibility to make others feel safe and happy.



STAFF AT KILKENNY

- Talk with the students involved and help them to solve the problem.
- Teach students about dealing with conflict and anger.
- Teach students about care and respect for themselves and others.

Should there be repeated incidents of bullying, parents will be informed and a meeting arranged. Further incidents may result in time out or suspension.

Bullying and harassment are issues which are treated very seriously at Kilkenny Primary School.

We will deal with unacceptable behaviour and will work to find a solution to stop the bullying.

Who To Contact:

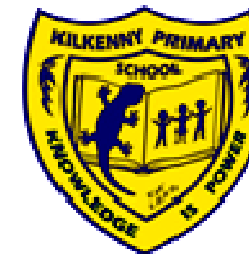
- Your child's teacher
- The Senior Leaders
- The Principal
- School Telephone No. 8345 4138

Valuable Resources

- www.bullyingnoway.com.au
- DECS Parent Help Line: 1800 222 696
- Kids Help Line: 1800 551 800
- Child and Youth Health Parent Help Line: 1300 364 100
- Netalert.com.au

KILKENNY PRIMARY SCHOOL

Knowledge is Power



ANTI-BULLYING & HARASSMENT POLICY

At Kilkenny Primary School, all members of the school community are entitled to a safe, secure and caring environment.

It is **EVERYONE'S** responsibility to ensure this happens.

RIGHTS

To feel safe

To learn

To be respected

RESPONSIBILITY

To keep others safe

To ensure others can learn

To respect ourselves and others

WHAT IS BULLYING

- A repeated, unjustifiable behaviour that may be physical, verbal and/or psychological.
- Can be intended to cause fear, distress or harm to others.
- Can be conducted by a more powerful individual or group.

SOME DEFINITIONS

- When a person is exposed repeatedly over time to harassment on the part of one or more persons.

BULLYING CAN BE DESCRIBED

- as unprovoked aggressive and repeated behaviour inflicted by a person or a group, on someone else which causes pain or distress.

BYSTANDER

- Being a bystander and watching or encouraging bullying by others is also unacceptable.

This school does not accept that it is ok to stand by and watch a fight or intimidation of others.

SOME EXAMPLES

Bullying or harassment can be: **verbal, emotional, psychological, physical, sexual, religious or racial**

- Teasing, name calling
- Making threats, yelling at someone
- Excluding other people
- Using abusive language
- Physically hurting somebody
- Using internet/cyber bullying



IF YOU ARE BEING BULLIED

YOU CAN

- Tell them to stop
- Ignore them
- Walk away
- Tell someone who will help you
- Speak to an adult, staff member or parent



IF YOU SEE SOMEONE BEING BULLIED YOU CAN

- Tell the bully to stop
- Be a friend to the person being bullied
- Seek help

Adults provide the model for a child's behaviour

PARENTS IF YOUR CHILD IS BEING BULLIED AT SCHOOL YOU CAN...

- Assist your child in discussing the problem with a teacher.
- Discourage any planned retaliation, either physical or verbal, by encouraging positive strategies.
- Listen calmly to your child.
- Let your child know that telling you about the bullying or harassment was the right thing to do.
- Talk to your child about what could be done.
- Refer to & follow School Grievance Procedures

SOME HELPFULL HINTS

To tell your child

- Don't put up with it!
- Tell someone you can trust. This is NOT dobbing.
- Don't react. Just walk away with your head held high.
- Use a strong, confident voice. Be assertive, don't let the bully put you down.
- Avoid the person harassing you.
- Stay away from the place where you might be bullied.
- Don't show that you are scared even though you might be.
- Don't try to swap insults.
- Don't engage in internet bullying
- Remember that you are not alone.
- Tell the bully, "Leave me alone" and confidently walk away.

Be positive about your child's qualities and encourage your child to be tolerant and caring.

