WHAT IS THE SCHOOL DOING TO PREVENT BULLYING?

To help prevent bullying, the school will:

• Promote students’ sense of concern and responsibility for themselves and others.
• Provide positive role models—particularly when resolving problems.
• Build self esteem, self worth and resilience using programmes such as You Can Do It! And Bounce Back.
• Teach skills and strategies to deal with bullying using programmes such as Friendly Schools.
• Involve all students in Cybersafety activities using online resources such as Cyberquoll, Budd:e and Hector’s World.
• Keep the lines of communication open between home and school.
• Distribute information that may be helpful to parents/carers.

WHAT DOES THE SCHOOL DO IF BULLYING OCCURS?

• Investigate the incident thoroughly by talking to all involved.
• Counsel students when appropriate.
• Involve parents/carers to support the process.

WHAT CAN YOU AS A PARENT/CARER DO?

• Talk to your child about what is happening at school.
• Support your child in being assertive, but not aggressive, in dealing with bullying.
• Talk to someone at school who can help.
• Discuss with your child how to be an active bystander.
• Be positive about your child’s qualities and what they can do.
• Encourage your child to be tolerant, caring, and not to use aggression to solve their problems.
• Remind your child how important it is to keep themselves safe.

WHO CAN HELP?

If you are concerned that your child is being bullied please contact the following through the school office on 9405 4007 or by email at edgewater.ps@education.wa.edu.au.

• Your child’s teacher
• Associate Principal
• Principal

USEFUL CONTACTS

Kids’ Helpline 1800 551 800 www.kidshelp.com.au
Cybersafety www.Cybersmart.gov.au
Bullying, No Way! www.bullyingnoway.com.au
Bully Blocking www.bullyng.com.au
Take a Stand together www.takeastandtogether.gov.au

Copies of this and other brochures can be downloaded from the school website.
At Edgewater Primary School we believe that all members of our school community are entitled to a safe and caring environment and will work together to achieve this outcome.

WHAT IS BULLYING (including CYBERBULLYING)?

Bullying is REPEATED behaviour that is designed to hurt and occurs over and over again between the same individuals, and involves an imbalance of power.

It can be:

- **PHYSICAL**: hitting, poking, pushing or kicking—least common form and declines with age.
- **VERBAL**: using name-calling, insults or racist remarks.
- **COVERT**: aggressive behaviour that is hidden or out of sight—often as students get older.
- **SOCIAL/RELATIONAL**: Lying about someone, spreading rumours, excluding or mimicking someone.
- **PSYCHOLOGICAL**: Threatening, manipulating or stalking someone.
- **CYBERBULLYING**: Using emails, mobile phones, social networking sites to verbally, covertly and psychologically bully.

**WHAT IS NOT BULLYING?**

- Single episodes of social rejection or dislike.
- Single episode acts of meanness or nastiness.
- Random acts of aggression.
- Mutual arguments or disagreements.

**WHAT ARE SOME POSSIBLE SIGNS THAT CHILDREN ARE BEING BULLIED?**

Children may:

- Be unwilling to go to school.
- Become withdrawn.
- Begin doing poorly in school work.
- Start stammering.
- Cry themselves to sleep.
- Start bedwetting.
- Refuse to say what is wrong.

**WHAT CAN YOUR CHILD DO?**

**If they are being bullied they can:**

- Act normal around bullies.
- Tell the bully to stop in a strong and confident voice.
- Ignore the bully by acting like you are not being hurt by their nasty words.
- Walk away and tell a teacher who will help them.
- Hang around with friends who help you feel good about yourself.

**If they see someone being bullied they can:**

- Be an active bystander and tell the bully to stop and ask your friends to move away with you.
- Walk away and tell a teacher immediately.
- Help the person who is being bullied to get away and go somewhere safe.
- Use a distraction to reduce the audience for the bully—like 'I can see the teacher coming.'