

WHAT IS THE SCHOOL DOING TO PREVENT BULLYING?

To help prevent bullying, the school is:

- Promoting students' sense of concern and responsibility for themselves and others.
- Providing positive role models—particularly when resolving problems.
- Building self esteem, self worth and resilience using programmes such as *You Can Do It! And Bounce Back*.
- Teaching skills and strategies to deal with bullying using programmes such as *Friendly Schools*.
- Involving all students in Cybersafety activities using online resources such as *Cyberquoll, Budd:e and Hector's World*.
- Keeping the lines of communication open between home and school.
- Distributing information that may be helpful to parents/carers.

WHAT DOES THE SCHOOL DO IF BULLYING OCCURS?

- Records all reported incidents
- Investigates the incident thoroughly by talking to all involved.
- Counsels students when appropriate.
- Involves parents/carers to support the process.

Copies of this and other informative brochures can be downloaded from the school website.

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 may be experiencing bullying, please contact 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.bullying.com.au
Take a Stand Together
www.takeastandtogether.gov.au

EDGEWATER PRIMARY SCHOOL
Aspire Confidence Respect
AN INDEPENDENT PUBLIC SCHOOL

DEALING WITH BULLYING

A Guide For Parents & Carers



Treetop Avenue Edgewater WA 6027
P 9405 4007 F 9405 3700
E Edgewater.PS@education.wa.edu.au
W www.edgewaterps.wa.edu.au
June 2015

Bullying behaviour among school students is not unique to any one culture, and unfortunately has been in existence for a long time.

After reviewing the methods and approaches to reduce bullying in Australian primary schools, we have in place well-planned interventions which are outlined in this brochure.

WHAT IS BULLYING?

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. Bullying is akin to harassment.

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.

Students need to know it is right to tell someone if they, or one of their friends, are being bullied.

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.

BEING AN ACTIVE BYSTANDER IS CRITICAL IN STOPPING BULLYING IN ITS TRACKS

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 they are not being hurt by their nasty words.
- Walk away and tell an adult who will help them.
- Hang around with friends who help them feel good about themselves.
- If they see someone being bullied they can:
 - Be an active bystander and tell the bully to stop and ask their friends to move away with them.
 - 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.’

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.