

## 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 6207 3200, 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](http://www.kidshelp.com.au)  
Cybersafety [www.cybersmart.gov.au](http://www.cybersmart.gov.au)  
Bullying. No Way! [www.bullyingnoway.com.au](http://www.bullyingnoway.com.au)  
Bully Blocking [www.bullying.com.au](http://www.bullying.com.au)  
Take a Stand Together  
[www.takeastandtogether.gov.au](http://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 6207 3200  
E [Edgewater.PS@education.wa.edu.au](mailto:Edgewater.PS@education.wa.edu.au)  
W [www.edgewaterps.wa.edu.au](http://www.edgewaterps.wa.edu.au)  
November 2019

*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.*