

What happens when I tell someone?

- You may ask for action to be taken or request that staff know about an incident and keep monitoring the situation.
- When action is taken, staff will listen and talk to everyone involved or implicated. All students will be counselled as needed.
- Parents/caregivers will be informed of the issues that have been reported/investigated where appropriate.
- Consequences will be assigned to the bullies as appropriate.
- A circle (restorative practice) may be formed to increase understandings and improve relationships.

We take bullying very seriously at WPPS. We believe that every person and situation is different, so strategies are planned on a case-by-case basis to best meet the needs of students, families and staff involved.

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 didn’t mean it.”

“They started it.”

Resources:

www.bullyingnoway.com.au

Kids Helpline 1800 551 800

www.headspace.org.au

www.esafety.gov.au

For more information please refer to WPPS’s Anti-Bullying Policy and Behaviour Code which can be found on the school website.



**Westbourne Park
Primary School**

Phone: 8271 7430

Website: www.wbourneps.sa.edu.au

BULLYING. NO WAY!

We all have the right to feel safe at our school

What is bullying?

Bullying is repeated verbal, physical, social or psychological behaviour that is harmful and involves the misuse of power by an individual or a group.

Bullying can be:

Physical: kicking, hitting, pushing, pinching, spitting, tripping, punching, shoving, flicking, throwing objects, unwanted touching.

Verbal: name calling, teasing, taunting, mocking, threatening, making offensive comments, putting others down.

Emotional: threats, stalking, offensive gestures, standover tactics, ignoring, gossiping, maliciously excluding people from groups, taking or damaging someone's property, producing offensive graffiti, making offensive or hurtful comments, spreading untruthful or hurtful rumours.

Cyber: inappropriate text messaging, sending offensive or degrading images and/or comments by phone/internet/email, communicating under false pretences, forwarding of other students' private communication, establishing websites to humiliate others.

General conflicts, disagreements and single incidents, whilst distressing are not necessarily bullying.

What can you do if you are being bullied?

- Stay cool and calm – Try not to show that you are upset or angry.
- Don't fight back. Try to ignore them or firmly tell them to stop and then walk away – It is hard for the bully if there is no one there.
- Try saying something funny or clever. Make a joke of it. Practice replies that you can use.
- Tell a friend – It is harder to be bullied when there are two or more of you.
- Try to avoid being alone.
- Keep a diary of what has been happening.
- Take screenshots if cyber bullying occurs.
- **GET HELP** (this is not 'dobbing'). Talk with any teacher, Ms Gallaher, Cleo, Sue M, Ms Bishop or Bethany. Tell someone on your Trust Tree, fill in a Keep Safe form in the Library or email the school at dl.0475_info@schools.sa.edu.au.

What is a bystander?

If you stand by and watch someone else be bullied or harassed then this is called **bystander behaviour**. If you see bullying, **don't be a bystander**, report it to someone on your Trust Tree or fill in a Keep Safe form in the Library.