

## 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.gov.au](http://www.bullyingnoway.gov.au)

Kids Helpline 1800 551 800

[www.headspace.org.au](http://www.headspace.org.au)

[www.esafety.gov.au](http://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.**

# FRESH

Friendship Respect Endeavour Success Honesty

**Anti-Bullying  
Brochure**



## Westbourne Park Primary School

Phone: 8271 7430

Website: [www.wbourneps.sa.edu.au](http://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, Ms de Gouw, Ms Bishop, Mr Moors 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](mailto: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.