

## School Strategies in the Prevention of Bullying Behaviours

To reduce bullying behaviours at Forbes Primary School, we use prevention, intervention and post-intervention strategies.

Prevention strategies include:

- Teaching and modelling of the school 'Values'.
- Adopting positive classroom and schoolyard management strategies with friendly behaviours embedded in student responsibilities.
- Using programs e.g. 'Child Protection Curriculum', 'Bounce Back', to teach students about protective behaviours, resilience, respectful relationships, friendship, violence prevention, conflict resolution and anger management.
- Teaching students the value of diversity with whole school celebrations e.g. Harmony Day, Reconciliation Week.
- Providing professional learning for staff.
- Developing programs to help students participate and have a say in their learning.
- Implementing and reviewing policies which promote student safety.

Intervention strategies include:

- Teaching the 'Stop, Think, Talk' strategy.
- Counselling students who have been bullied and those responsible.
- Talking with parents or caregivers about the situation.
- Putting consequences in place for those who bully others.
- Teaching students to be responsible bystanders.
- Ensuring that all staff know how to address bullying effectively and respectfully.

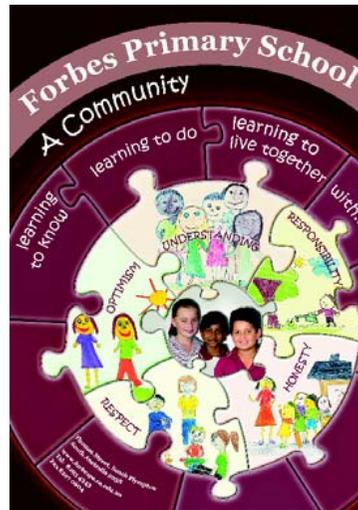
Post-intervention strategies include:

- Monitoring the situation between the students to ensure that their safety and wellbeing are maintained.
- Talking with parents or caregivers about strategies.
- Reviewing yard duty procedures to ensure they are effective.
- Dealing with 'hotspots' in the yard.
- Reviewing and evaluating behaviour codes and policies.

**'All Australian schools  
are safe, supportive  
environments'**



***Vision Statement***  
***National Safe Schools Framework***



**For further information on practices promoting safety and wellbeing for our community, please contact the school.**

**Phone: 08 82934343**

**Email: [info@forbesps.sa.edu.au](mailto:info@forbesps.sa.edu.au)**

**Policy Review Date: .....**

**Forbes Primary School**

**Anti – Bullying Policy**



***At Forbes Primary School we are committed to establishing a safe environment by developing positive relationships between students, parents and staff based on care, mutual respect and open communication.***

***Bullying can have long term, detrimental effects on both victims and bullies.***

***Please come and talk to school staff if you have any information about bullying incidents. We need your support!***

***In our school community bullying will not be tolerated at all!***

## What are Bullying Behaviours?

### Bullying involves:

- Deliberate, hurtful gestures, words or actions which are repeated over time by individuals or groups.
- Behaviours which cause a person or persons to feel embarrassed, offended, hurt, humiliated, insulted, ridiculed, angry or afraid.
- One or more students exerting inappropriate power over another or others.

### Examples of Bullying are:

#### Physical Bullying

- Hitting, kicking, poking.
- Any form of deliberate, unwelcome physical contact.

#### Verbal Bullying

- Name calling, using offensive language, verbal teasing, aggressive shouting.
- Swearing at another person.
- Spreading rumours.
- Sharing personal information about someone without their permission.

#### Emotional / Social / Cyber Bullying

- Excluding people from groups or games.
- Threatening gestures.
- Ganging up on a student.
- Racial / sexual harassment.
- Interfering with another's personal belongings.
- Hurtful communication through SMS messages, emails, chatrooms, social networking websites etc.

## What Can Students Do About Bullying?

### 1. Prevent Bullying

- Respect yourselves and others.
- Be assertive.
- Learn to tolerate and accept individual differences.

### 2. Use the 'Stop, Think, Talk' strategy if being bullied.

#### Stop – *What is happening to me?*

- How do I feel?
- Am I feeling really uncomfortable or upset?
- Is this a bullying situation?
- Am I in danger?

#### Think – *What can I do?*

- Can I handle this situation by myself by asking the bully to stop and walking away?
- Do I need to ask for help?
- Do I need to report this incident?

#### Talk – *Who can I talk to?*

- Who is the best person to talk to? (Teacher, Counsellor, Deputy, Principal, Parents, Carers?)
- What do I want this person to do for me?
- How could I talk about it? (Discussion with a staff member, anonymous report?)

### 3. Be a Responsible Bystander.

#### If you witness bullying behaviour:

#### Do

- Care enough to report it to a teacher!
- Give accurate information about the situation!

#### Don't

- Protect the bully by remaining silent!
- Watch and encourage the bully by showing amusement!

## What Will Staff Do About Incidents of Bullying?

### The staff at Forbes Primary will:

- Listen and talk to the person who has been bullied and the person who has bullied others. Teachers will ask senior staff to follow up incidents.
- Put appropriate, negotiated consequences in place relevant for the perpetrator/s and the situation. These may include time out or removal of privileges and in extreme cases, suspension or exclusion from school.
- Use an appropriate counselling process to help everyone involved repair and improve their relationships with each other and to feel a sense of justice.

## What Can Parents Do About Bullying?

### As a parent you can:

- Talk with your child every day about what has happened at school.
- Encourage your child to be tolerant, caring, resolve conflict without aggression and to report all incidents of bullying.
- Encourage your child to be assertive and involve them in activities to build their confidence / self esteem e.g. sports, art music, self defence etc.
- Be an advocate for all students by reporting incidents which threaten their safety and wellbeing.
- Allow staff to address issues – do not talk to or confront other children about 'bullying'.
- Monitor your child's use of the Internet and find out about 'on line safety' through: [www.cybersmart.gov.au](http://www.cybersmart.gov.au)

