DON’T WATCH BULLYING HAPPEN!
DON’T BE A BULLYING BYSTANDER

A bystander is an onlooker or spectator to bullying and harassment. Be part of the solution not part of the problem

☐ Let the person doing the bullying know that what they are doing is wrong

☐ If you watch silently, laugh, clap, encourage or film you are helping the bully

☐ Help the situation by taking away the audience - WALK AWAY!

☐ Use assertive body language and say “Stop it. Leave them alone!”

☐ Encourage the person who is being bullied to get away from the situation and seek help from an adult

☐ If you know someone is being bullied it is your responsibility to tell a teacher, Deputy Principal, Principal or School Counsellor

WHAT DOES THE SCHOOL DO ABOUT BULLYING?

At Mount Barker South Primary School we do a lot of things to address bullying and repair relationships

Teachers will teach you how to:

☐ Handle bullying and what to do about it

☐ Be confident and to cooperate and get along with others

☐ Bounce back and be resilient

☐ Listen to and support the person who has been bullied

☐ Keep yourself safe

The school will

☐ Work with the student who has bullied and get them to think about the consequences of their actions

☐ Give consequences to students who bully others. These consequences may include Time Out or Restricted Play, Take Home or Suspension

☐ Develop a student action plan with the bully

☐ Talk with parents of students who bully

Mount Barker South Primary School
R-7

BE COOL—NOT CRUEL

YOU HAVE THE RIGHT TO BE SAFE

“Always within REACH”

KIDS HELP LINE FREE CALL: 1800 55 1800

WWW.KIDSHELPLINE.COM.AU

24 HOUR TELEPHONE AND ONLINE COUNSELLING FOR YOUNG PEOPLE

At Mount Barker South we value
R - Respect
E - Excellence
A - Acceptance
C - Co-operation
H - Honesty
WHAT IS BULLYING & HARASSMENT?

Bullying

Bullying is abuse of power, where a person or group use behaviour to hurt, upset, scare or shame another person

Harassment

Harassment is unwanted and unwelcome behaviour that is usually, but not always, repeated

Bullying and harassment at school can involve students, teachers, school support staff and parents

BULLYING AND HARASSMENT HAPPENS IN DIFFERENT WAYS:

PHYSICAL - hitting, pushing, touching, rubbing, grabbing, taking/damaging property, spitting and using a weapon

SEXUAL - any unwelcome written, verbal or physical contact of a sexual nature

VERBAL & WRITTEN - spoken or written insults, threats, suggestive comments, name-calling, unfair criticism, rumour spreading

FACE & BODY SIGNALS - looks, stares, facial expressions, hand signals

CYBER - using emails, voice and text messages, photographic and video images, Myspace, Facebook, MSN & emerging technologies

GRAFFITI - using pictures, tags or words

GROUP - forming groups to leave out, ignore and disrespect others

INDIRECT - influencing or organising others to bully or harass (being a bystander)

DISCRIMINATION - Discrimination in schools is against the law and harms relationships. Bullying and harassment can be about discrimination based on a person’s

- Sex - being female or male
- Gender - acting masculine or feminine
- Cultural & Spiritual Identity/Race/Ethnicity cultural beliefs, religion, language, heritage, clothes, food, skin colour or physical appearance
- Appearance - body shape and size, clothes and accessories
- Disability - physical, intellectual, medical or psychiatric disability
- Financial status - how rich or poor
- Age - how old

WHERE CAN BULLYING AND HARASSMENT OCCUR?

In the school yard or on the oval
In the classroom
On the bus
In the Hall
On the way to and from school
On excursions and camps
In the corridors
At the toilets
On the phones and computers
Anywhere at school
Anywhere at all

DO YOU BULLY OR HARASS?

If you hurt, upset, scare or shame another person a teacher must deal with the problem. You will be given fair opportunity to:

- Show that you are willing to take responsibility for and talk about your behaviour
- Show that you are sorry for what you did
- Be supported to make suggestions to help repair harm or damage

We will offer you:

- Counselling
- Special programs to help you stop bullying and harassment
- A meeting with your parents /caregivers

If you continue to bully and harass, you will face more serious consequences, according to our school’s Code of Behaviour

WHAT TO DO IF YOU ARE BEING BULLIED?

- If you are being bullied in the yard tell a yard duty teacher first. If you are not heard, persist until you are.
- If you are being bullied in the classroom tell your class teacher first,
- Make an appointment to see the School Counsellor, Deputy Principal or Principal for help. If you need support take a friend
- Tell your parent or caregiver, and ask them to contact the staff at the school