

<p>How to handle people who bully you!</p> <ul style="list-style-type: none"> • Avoid them. Walk away. Never find yourself alone with them. Stay in sight of an adult. There is often strength in numbers. • Be firm and strong even if you don't feel it. Look them straight in the eye and stand up tall. Tell them to leave you alone and walk away. • Ignore them, pretend you didn't hear the comment. • Find a friend. Play with friendly children. • Play a quiet game in the library or tunnel. • Don't fight back physically. It just gets you into trouble too. • Tell the teacher on duty, your class teacher, the bus driver, the Principal or Assistant Principal. • Go to a trusted friend and seek help. <p>BULLYING</p> <p>NO ONE LIKES IT NO ONE NEEDS IT</p> <p>SO REPORT IT!</p> <p>Talking about a problem is NOT dobbing!</p> <p><i>We want to make our school safe for everyone.</i></p>	<p>Information for parents</p> <p>If your child is being bullied</p> <ul style="list-style-type: none"> • Listen carefully to your child. • Stay calm. • Get accurate details. • Give your child some positive strategies to cope. Practise the strategies with your child. • If your child has special needs help them to be proud of their differences. • If the problem persists seek assistance from the class teacher; approaching the students you feel are responsible is not acceptable. • If the problem continues seek support from Assistant Principals or Principal. <p>If your child is bullying others</p> <ul style="list-style-type: none"> • Initially you will be defensive and unbelieving. This is natural. • Find out all the facts preferably from the school; telephoning other parents can stir up a lot of unnecessary concern. • Talk to your child but do not blame. • Emphasise that bullying is not acceptable in your family. • Role play alternative behaviours. • Seek alternatives from school or health professionals. • Be specific, realistic and consistent about consequences for continuing unacceptable behaviours. • Reward appropriate behaviours. 	<p>BULLYING IS NOT ACCEPTED AT BRISBANIA PUBLIC SCHOOL</p> <p>To be discussed in class and at home and be signed by every student.</p> <ol style="list-style-type: none"> 1. We will be tolerant of others regardless of their abilities, disabilities, race, religion, beliefs, appearance or any other differences. 2. We will be fair in the playground, sharing our games and playground space with others. 3. We will be kind to others even if they are not our special friends. 4. We will seek advice from our teachers and parents if we cannot solve problems that occur at school. 5. I will not support or cover up for children who bully others under any circumstances. 6. I will take responsibility for my own actions and will not blame others for things I have done. 7. I will not bully other children at Brisbane Public School. <p><i>Student's Name</i> _____</p> <p><i>Student's Class</i> _____</p> <p><i>Student's Signature</i> _____</p> <p><i>Witnessed by my parent/carer</i> _____</p> <p><i>Please sign and return this section to your child's class teacher.</i></p>
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BULLYING IS NOT ACCEPTED AT BRISBANIA PUBLIC SCHOOL



All children can and should behave appropriately.

United Nations Charter states that:

*“Every child is entitled to an education.
Every child is entitled to be safe*

Everyone has a responsibility to reduce aggression in our society.

What is bullying?

Bullying can be said to be intentional, ongoing behaviour by an individual or group of individuals that causes upset, distress, hurt or an intense sense of fear.

Bullying involves intentional and wilful misuse of power in relationships.

Bullying often seems to involve direct or indirect harassment, humiliation, violent or physical domination and/or intimidation of others.

Bullying behaviour can be:

- Physical - Fighting, kicking, punching, hitting, shoving, pinching, biting and abusive gestures.
- Verbal - Teasing, swearing, using put-downs, spreading rumours, name calling, making inappropriate comments about appearances or lifestyle, making repeated or abusive phone calls.
- Extortion - Threats used to take food or money.
- Visual bullying - Insulting notes, emails or letter writing, graffiti or drawings.
- Exclusion - Being deliberately ignored, made to feel invisible, group hides from a group member, not allowed to play on regular basis. Often this is the most difficult form of bullying as it has subtle expressions.
- Sexual - Rude jokes about target, obscene drawings or gestures, asking questions of a sexual nature designed to shame or embarrass.
- Racial - Comments about looks, social or cultural differences designed to be put downs eg about food eaten.
- Cyber - More likely to occur at home but may have negative impact on student relationships at school.

BRISBANIA PUBLIC SCHOOL'S

VALUES:

**INTEGRITY, EXCELLENCE, RESPECT,
RESPONSIBILITY, COOPERATION, PARTICIPATION,
CARE, FAIRNESS
and DEMOCRACY**

RULES:

**BE SAFE
BE RESPECTFUL
BE READY TO LEARN
BE PROUD**

Consequences of Bullying at Brisbania Public School

- The school will keep adequate records of all bullying incidents
- The school will work with the parents of the victim to assist their son/daughter to avoid being bullied in the future.
- The school will gather relevant information by interviewing the students concerned.
- The school will initially assist the bully to change his/her behaviour:
- The school will work with the parents of the bully to establish joint strategies for behaviour modification.
- Further transgressions will require individual counselling with the Assistant Principal/Principal and/or school counsellor:

Resistance to behaviour change and repeated offending will lead to consequences ranging from planning room, withdrawal from playground, removal of privileges through to suspension