

## RIGHTS AND RESPONSIBILITIES

At this school everyone should feel safe and valued. All members of the school community have a responsibility to ensure this happens.

### Rights

To feel safe  
To learn  
To be respected  
To be valued

### Responsibilities

To respect yourself  
To use common sense  
To respect others  
To support others



*It is your right and your responsibility to report bullying, whether it happens to you or to someone else.*

## PARENTS CAN HELP BY TAKING AN ACTIVE INTEREST

- IN YOUR CHILD'S SOCIAL LIFE**
  - IN WHAT IS HAPPENING AT SCHOOL**
  - ENCOURAGE YOUR CHILD**
    - to bring friends home
    - to accept and tolerate differences in others
  - BUILD HIS OR HER SELF CONFIDENCE**
    - by recognising and affirming his/her positive qualities
    - by valuing them for who they are
  - DISCUSS WITH YOUR CHILD**
    - the school's expectations
    - ways to respond if his/her rights are infringed or if your child is infringing
  - ENCOURAGE CONSTRUCTIVE RESPONSES**
    - physical bullying or persistent teasing should be reported
    - hitting back or retaliating with name calling won't solve the problem
  - SET AN EXAMPLE**
    - be firm but not aggressive in setting limits
    - be positive in the things you say and do
  - BE ALERT FOR SIGNS OF DISTRESS**
    - unwillingness to attend school
    - dropping off in the quality of school work
    - damaged clothing or frequent loss of personal property
    - loss of confidence or mood changes
    - withdrawal from social activities
  - ACT**
    - if your child is being bullied, or is bullying. Discuss the issue with the class teacher or the principal
  - OBSERVE**
    - what they are viewing on the internet
    - use of phone and internet
- Observing protocols; the legal age for Facebook is 13 years of age



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## BULLYING NO WAY!



At Poonindie Community Learning Centre we want everyone to feel safe.

Our school does not tolerate bullying and expects all members of the school community to treat each other with respect and dignity.

## WHAT IS BULLYING?

Bullying is deliberate, hurtful behaviour to repeatedly hurt, threaten or embarrass someone. It impacts negatively on the victim's safety and well being.

Cyberbullying – In the 21<sup>st</sup> century this is becoming more prevalent with student access to computers, mobile phones and cameras. Parents need to be aware of the cyber bully who has the wilful, conscious desire to repeatedly hurt, threaten or embarrass someone using electronic media.



### Bullying is, when a person repeatedly:

- Calls another hurtful names
- Hits, punches or kicks
- Threatens someone
- Teases in a nasty way
- Singles out someone for unfair treatment
- Picks on others
- Interferes with others' property
- Deliberately ignores or avoids a person
- Spreads rumours about others
- Continually excludes someone from their peer group
- Uses electronic media such as mobile phones, facebook, email, MSN, to interfere with peoples' rights

## WHAT TO DO: REPORT BULLYING

If you are bullied or you know someone who is being bullied, **report it**.

Report the bullying as soon as it happens. Do not ignore it. If you ignore bullying it may get worse.

### A) IF YOU ARE BULLIED

1. **Show Independence:**-Tell the person who is bullying to stop. State clearly that the behaviour is unwelcome and hurtful.
2. **Be Confident:**- Seek help. Talk about it with someone you trust. This may include a friend or a student leader. There is nothing so awful that we can't talk about it with someone.
3. **Be Persistent:**- Report it to a teacher first then the Principal. Feel confident that any incident can be solved.
4. **Report Immediately:**- If you experience bullying on the way home from school, tell your parents who can then contact the class teacher.

### B) IF YOU KNOW SOMEONE IS BEING BULLIED

*A bystander who observes or hears a bullying incident is considered part of the problem if they don't act.*

1. Care enough to do something about it whether it affects you personally or not.
2. Support the person being bullied.
3. Don't stand by and watch – get help from an adult

4. Show that you and your friends disapprove of bullying.
5. If you know of bullying tell a teacher, the principal or another trusted adult.

## WHAT WILL HAPPEN IF YOU ARE BULLYING STUDENTS?

1. You will be counselled by your classroom teacher. You will be given the opportunity to resolve the situation and discuss the issue with the person you bullied. The situation will be recorded by your teacher.
2. If you persist in bullying you will be referred to the trained personnel, eg. PCW for counselling and to develop a solution to the problem. Your parents will be contacted and the situation will be recorded.
3. If you are found to be bullying again a consequence will be applied. This may include:
  - parent interview
  - counselling program
  - loss of privileges
  - restricted play
  - in-school suspension during recess and lunch time
  - suspension
  - cyberbullying is an offense that may require police intervention
4. If bullying continues your parents will be called to discuss further actions.

**A severity clause will be used to skip steps for serious incidents.**