

## WHAT IS BULLYING & HARASSMENT?

### Bullying

Bullying is abuse of power, a person or group uses behaviour to repeatedly 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/caregivers.

## 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 signs

**CYBER** - using social networks (Facebook), voice and text messages, photographic and video images

**GRAFFITI** - using pictures, tags or words

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

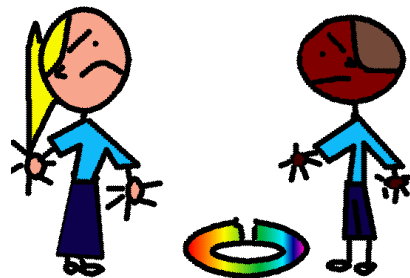
**INDIRECT** - influencing or organising someone else to bully or harass

**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?

On the way to and from school  
In the school yard or on the oval  
In the classroom  
In the corridors  
At the toilets  
On the phones and the internet  
On excursions and camps  
Or anywhere .....



## 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
- make suggestions to help repair harm and damage

We may offer you

- counselling
- skills training
- special programs to help you stop bullying and harassing
- a meeting with your parents

If you continue to bully and harass, you will face more serious consequences.

## WHAT TO DO IF YOU ARE BEING BULLIED?

**If you are being bullied –**

- tell a teacher
- ask a friend for help
- make an appointment to see the Wellbeing staff, Head of School, Assistant Principal or Principal. You can take a friend with you to support you
- tell your parent or caregiver, and ask them to contact staff at the school

## 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 or laugh, 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 ask for help from an adult
- if you know someone is being bullied it is your responsibility to tell a teacher, Head of School, Assistant Principal, Principal or Wellbeing staff.



KIDS HELP LINE FREE CALL: 1800 55 1800

[WWW.KIDSHelp.COM.AU](http://WWW.KIDSHelp.COM.AU)

24 HOUR TELEPHONE AND ONLINE  
COUNSELLING FOR YOUNG PEOPLE

## WHAT DOES THE SCHOOL DO ABOUT BULLYING?

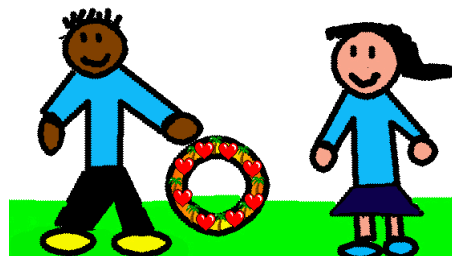
At Woodville Gardens School we do a lot of things to prevent bullying and repair relationships.

**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

**Teachers 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 include, time out, restricted play, take home or suspension
- talk with parents of students who bully



Woodville Gardens  
School

Fairness Respect Responsibility

## STUDENT INFORMATION

### BE COOL - NOT CRUEL

### HOW TO STOP BULLYING AND HARASSMENT

**DON'T TAKE IT!  
YOU HAVE THE RIGHT TO BE  
SAFE**

**DON'T DO IT!  
HELP MAKE OUR SCHOOL  
A SAFE AND CARING  
ENVIRONMENT**



Government of South Australia  
Department for Education