

WHAT IS BULLYING?

Bullying

Bullying is when someone says or does something *intentionally* hurtful and they *keep doing it* – even when you tell them to stop or show them that you're upset.

Bullying is not when someone says or does something *unintentionally* hurtful and they do it once (*rude*) or when someone says or does something *intentionally* hurtful and they do it once (*mean*).

BULLYING HAPPENS IN DIFFERENT WAYS:

PHYSICAL –

- regularly hitting or punching someone
- tripping or shoving
- stealing/demanding someone's belongings
- threatening online to hurt someone in person
- damaging or breaking someone's property, uniform, school things
- standing over someone to make them afraid; intimidation

VERBAL -

- continually picking on someone and trying to make them feel bad
- saying or doing lots of mean things to upset someone
- sending nasty messages to someone online
- making fun of how someone looks or what they wear
- sending inappropriate images to someone online
- teasing
- calling someone names

www.kidshelp.com.au

24 HOUR TELEPHONE AND ONLINE
COUNSELLING FOR YOUNG PEOPLE

KIDS HELP LINE

FREE CALL: 1800 55 1800



Woodville Gardens
School

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Woodville Gardens
School

Fairness

Respect

Responsibility

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PARENT/CAREGIVERS INFORMATION ON BULLYING

HELP MAKE OUR SCHOOL A SAFE AND
CARING ENVIRONMENT FOR EVERYONE



Government of South Australia
Department for Education

SOCIAL-

- making fun of someone to other people/groups
- stopping someone from joining in
- trying to make others not liking someone
- saying mean or humiliating things about someone
- spreading rumours or lies about someone
- tagging inappropriate images online
- acting as though someone is not there or ignoring them
- constant teasing

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 students how to:

- identify bullying and what to do about it
- be confident and to cooperate and get along with others
- keep themselves safe

Teachers/school will:

- work with the student who has bullied and get them to think about the consequences of their actions
- Support students who have been bullied
- Follow up and follow through with consequences for students who bully others
- Explicitly teach students to Bounce Back!, be resilient and live our school values of respect, responsibility and fairness

HOW CAN I TELL IF MY CHILD IS BEING BULLIED?

Children who are being bullied at school may not always tell teachers about it. They may be afraid to tell, thinking that they may make the situation worse. This is why, as a parent or caregiver, you have an important part to play in helping your child and the school deal with bullying.

SIGNS THAT A CHILD IS BEING BULLIED MAY INCLUDE:

- Refusal to go to school and finding excuses not to go (e.g. pretending to be sick)
- Unexplained cuts, bruises or scratches
- Unexplained change of mood, tension or emotional distress (crying, acting out, periods of sadness)
- Damaged or missing clothing/possessions

WHAT SHOULD I DO IF I SUSPECT MY CHILD IS BEING BULLIED?

You may feel anxious or upset if your child tells you that they have/are being bullied.

It is important to:

- Listen to your child
- Find out what happened
- Encourage your child to talk to a staff member
- Not approach another student or adult
- Talk to school staff about your concerns

Parents and caregivers can address their concerns to the school by:

- Making an appointment with the class teacher to discuss any concerns

- If you feel as though your concern has not been resolved, make an appointment to speak to Wellbeing Leaders, Head of School or Principal

WE FOLLOW UP INCIDENTS OF BULLYING BY:

- Supporting students who have been bullied
- Supporting students who have bullied others
- Communicating with parents or caregivers about the situation
- Using a variety of consequences for students who bully others

WHAT DOES THE SCHOOL DO TO REDUCE BULLYING?

At Woodville Gardens School we use a range of preventative intervention and follow-up strategies to best deal with the situation by:

- Using Restorative Practices to repair harm and strengthen relationships
- Having a specific focus on bullying where students are explicitly taught how to identify bullying and what to do with it
- Teaching students how to be confident and to cooperate and get along with others
- Explicitly teaching students to Bounce Back! And be resilient
- Teaching students about conflict resolution, anger management and problem-solving
- Promoting student voice with all students
- Explicitly teaching and un-packing our school values of Respect, Responsibility and Fairness

