

## WHAT TO DO IF YOU ARE BEING BULLIED?

Bullying can be hard to deal with on your own and you might need some support. It's important to talk to someone who can help you; it might be a friend, a teacher or a family member. You might like to speak with a wellbeing leader at school who can listen and help you.

**Fill in the slip below, give it to a wellbeing leader and they will make a time to chat.**

---

Name: \_\_\_\_\_

Class/room number: \_\_\_\_\_

What do you need support with?

- I am being bullied
- I know someone who is being a bully
- I was a bystander
- Other (what) \_\_\_\_\_



Woodville Gardens  
School

**Woodville Gardens School B-6**

Ridley Grove  
Woodville Gardens  
South Australia 5012

Phone: 84148600  
Fax: 84148650  
Email: dl.1904.info@schools.sa.edu.au  
Website: www.wgs.sa.edu.au

[www.kidshelp.com.au](http://www.kidshelp.com.au)

24 HOUR TELEPHONE AND ONLINE  
COUNSELLING FOR YOUNG PEOPLE

KIDS HELP LINE

FREE CALL: 1800 55 1800



Woodville Gardens  
School

Fairness

Respect

Responsibility

Ridley Grove, Woodville Gardens, 5012

Ph: 84148600 Fax: 84148650

dl.1904.info@schools.sa.edu.au



## STUDENT INFORMATION ON BULLYING



**BE COOL - NOT CRUEL**

**AT WGS WE SAY 'NO!' TO BULLYING**

**HELP MAKE OUR SCHOOL**

**A SAFE AND CARING ENVIRONMENT**



Government of South Australia  
Department for Education



## 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

### 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

## WHERE CAN BULLYING 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...

## 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.

## 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:**

- 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

