

Anti-Bullying Policy 2016

At Truro Primary School we believe that:

Bullying is everyone's business!

We are working together to create learning environments where every student and school community member is safe, supported, respected, valued – and are free from bullying, violence, harassment and discrimination.

At Truro Primary School, all members of our community are committed to ensuring a safe and supportive environment which promotes personal growth and fosters positive self-esteem for everyone.

Our values of respect, honesty, responsibility, excellence and trust are embedded in everything we do. We aim to maintain a setting in which everyone feels valued and respected and where individual differences are appreciated, understood and accepted.

Within this context we do not tolerate bullying or harassment in any form.

A definition of bullying

Bullying is defined at Truro Primary School as a persistent physical and/or psychological action by an individual or group which hurts or stresses another.

It includes:

Direct bullying:

Physical:

- Hitting, kicking, punching, pushing, shoving, spitting, making rude gestures.
- Taking or damaging something that belongs to someone else.
- Forcing others to hand over food, money or something which belongs to them.
- Making somebody do something they don't want to do.

Verbal:

- Name calling, teasing, threatening.
- Making fun of someone because of their appearance, physical characteristics or cultural background.
- Making fun of someone's actions.

Indirect bullying:

- Excluding others from the game or the group.
- Spreading untrue stories about others.



- Hiding books or belongings.
- Threatening gestures e.g. "looks".
- Graffiti.
- Put downs.
- Unwanted physical contact.
- Manipulating.
- Harassment.

Cyber bullying:

- Teasing, spreading rumours or sending unwanted messages using electronic methods such as:
 - Email.
 - Social network sites.
 - Instant messaging.
 - SMS.

What can be done about bullying?

All members of our school community can help prevent bullying behaviour. This includes:

- Abstaining personally from bullying others.
- Actively discouraging bullying when it occurs.
- Giving support to those who are victimised.
- Reporting.

Responsibilities of Staff

- Be a positive role model.
- Teach students the skills and strategies for bullying prevention.
- Be available and ready to listen and respond to reports of bullying.
- Treat information seriously.
- Ensure follow-up by reviewing the situation.
- Develop skills in students that empower them to take responsibility for themselves and their actions.
- Support others in dealing with incidents of bullying.

Responsibilities of Students

- Do not take part in bullying behaviours towards other students and staff.
- Tell the person or people to STOP the harassment or bullying.
- If harassment/bullying continues, approach a trusted adult.
- Report bullying whether it happens to you or others.
- Respect and value other students, staff and members of the school community.

- Be compassionate, empathetic and understand the effects of racism, sexual harassment and bullying on individuals and groups in our society.
- Develop appropriate skills and behaviours in communicating and working effectively with people from a variety of backgrounds.

Responsibilities of parents & caregivers

- Remind your children that they are highly valued and assist them in maintaining a positive self worth.
- Discuss positive strategies rather than getting even.
- Advise your child to tell a trusted adult.
- Watch for signs of distress and behavioural changes in their child:
 - Unwillingness to attend school.
 - A pattern of illness.
 - Personal items or equipment that have gone missing.
 - Damaged clothing or bruising.
 - Model appropriate behaviours at all times.
 - Inform the school if a bullying incident occurs within school time or the police and the school if a bullying incident occurs out of school.
 - Be available and ready to listen to reports of bullying.

What we do about incidents of bullying

- We will listen and talk to the person who has been bullied and the person who has bullied others.
- We will put consequences in place for the person who has been bullying others.
- These may include a warning, time out, exclusion from play/special events/excursions, being sent home, a meeting with parents, counselling, suspension or exclusion from school.

It is important to note that these steps may change. At Truro Primary School we do not use a 'one size fits all' approach. This is because each person is different and each incident of bullying is different.

What we do at Truro Primary School to reduce bullying

If an incident of bullying happens at Truro Primary School we use **prevention, intervention** and **post-intervention** strategies.

Prevention strategies include:

- Using the curriculum to teach students about respectful relationships, values and citizenship.
- Developing programs to help students participate and have a say in their learning.
- Teaching students about violence prevention, conflict resolution, anger management and problem-solving strategies.
- Develop policies which promote student safety.
- Teaching for and about diversity.
- Providing professional learning for staff in collaboration with local agencies.
- Wellbeing survey annually analysed.



Intervention strategies include:

- Counselling students who have been bullied / bullying.
- Talking with parents or caregivers about the situation.
- Putting consequences in place for those who bully others.
- Teaching students to be better bystanders.
- Ensuring that all staff know how to address bullying effectively and respectfully.

Post-intervention strategies include:

- Monitoring the situation between the students to ensure that their safety and wellbeing are maintained.
- Talking with parents or caregivers about strategies.
- Reviewing and evaluating behaviour codes and policies on a regular basis.

*If you would like further information about bullying,
please contact us:-*

Telephone: 08 8564 0212

Or

Parent Helpline

Phone: 1300 364 100

Website: www.parenting.sa.gov.au

Kids Helpline

Phone: 1800 551 800

www.kidshelp.com.au

Youth beyondblue

Phone: 1300 224 636

Website: www.youthbeyondblue.com

eheadspace

Phone: 1800 650 890

Website: www.eheadspace.org.au

Reach Out

Website: <http://au.reachout.com/>

Cybersafety contact centre

Telephone: 1800 880 176