

## NO ONE HAS THE RIGHT TO BULLY ANYONE



Children who are bullied feel frightened and powerless. They sometimes blame themselves. Being bullied can seriously harm self-esteem and prevent successful learning.

It is important that the victim takes the appropriate action to stop the bullying.

### DO:

- leave the situation if they don't feel safe
- tell the teacher as soon as possible.
- play in areas that they can be easily observed by teachers.
- stand up for yourself – tell the person to STOP! in a strong voice.

### DON'T:

- fight back. This often makes matters worse and escalates the problem.
- threaten or call the bully names. This turns you into a bully.
- ignore the behaviour. You have to tell others about the behaviour so they can support you and help to change it.

## WHAT WILL THE SCHOOL DO IF BULLYING IS REPORTED?

- Assure your child that the problem can be solved and then provide ongoing support
- Investigate the problems raised
- Treat everyone involved with fairness
- Take action that is appropriate to the particular circumstances – this may be:

- o Mediation
- o Disciplinary action
- o Warnings
- o Social skills program
- o Counselling
- o Parental involvement

### SCHOOL PROGRAMS

Some of the things we do at NPS to promote positive behaviour are:

- Rock and Water – resilience building
- Peer Support
- Kinder Transition and Buddies
- Highly Visible Teacher Supervision
- Life Education Visits
- Teaching of Values Programs
- LAST support
- Rewards Program
- Friendly Schools Plus

## BULLYING. NO WAY!

Australia's safe and supportive school communities getting to the heart of the matter!



## ANTI-BULLYING HINTS

### For Parents



Developing strong partnerships between the school and parents to improve the learning outcomes for all students.

Respect, Responsibility, Excellence



## WHAT IS BULLYING?

Bullying is repeated, focussed behaviour by one or more people, which harms others physically and/or emotionally. People who bully others like to feel strong. Their goal is to have power over people.

To help your child's school to be a safe and happy place for everyone it is important that you work with the school to solve any issues that do arise.

Nulkaba Public School has a zero tolerance for bullying. We aim to build a strong, caring environment for everyone to achieve to the best of their abilities.

But remember, if we don't know about the problem, we can't solve it.



## BULLYING CAN BE ...

- Verbal – the child is called names, put down or threatened.
- Physical – the child is hit or belongings are taken or damaged.
- Social – the child is isolated on purpose, ignored or rumours are spread.
- Psychological – the child is stalked or feels intimidated by others.
- Cyber – via email, phone or social networking sites.



## AT NULKABA PS WE:

treat each other with kindness and respect  
include everyone  
listen to other people's opinions  
look for the good in others and value difference  
are responsible for our own actions  
speak up and support others when we see something happening that is wrong  
seek help from our teachers  
make all people feel welcome  
strive to achieve our personal best

## WHAT YOU CAN DO TO HELP

- Assure your child that the problem can be solved
- Get the facts – what, when and where it happened, who was involved and if there were any witnesses
- Let the school know that your child is experiencing difficulties by contacting your child's class teacher or the Assistant Principal with responsibility for your child's class
- Remain calm at all times, especially in front of your child. We all need to work together to solve the issue
- Communicate and co-operate with the school until the problem is resolved
- Explain to your child that bullies are usually people with a problem themselves and use bullying others as a way to make themselves feel good
- Develop your child's sense of humour, resilience and tolerance of others
- Ensure your approach is kept positive. The last thing your child would need is to see you take a 'bullying' approach and compound the situation.
- Positively reinforce your child's self-esteem and sense of self worth
- Develop your child's social skills by teaching him or her to share and to co-operate with others in group situations.
- Encourage your child to talk to the teachers straight away – this is the best way to solve the problem.
- You have a right to expect bullying issues to be dealt with in a fair and appropriate way. Please be patient. Conflict between children often takes time to be resolved.