



# Anti-bullying information sheet for students

## What is bullying?

- ❖ Bullying is when someone feels hurt or upset because of the things another person or group is doing to them over and over again.
- ❖ Bullying is not when one person calls another person a name once, or hits a person once. It is when that behaviour happens a number of times.
- ❖ Bullying can happen anywhere and can involve both staff and students. It can happen at school, in the community and online.

## What should you do if you are being bullied?

If you are being bullied:

- stay calm
- tell the bully to stop
- move away from situation
- talk to someone you trust about what has happened, for example a parent/carer, teacher or friend, and get them to help you to take the right steps to stop the bullying

*When talking about what has happened make sure you tell them:*

- *What the person/s has been doing?*
  - *Who has been involved?*
  - *Where have the incident/s occurred?*
  - *Who else has seen the bullying behaviour?*
  - *How often has it happened?*
  - *What have you already done about it?*
- keep on talking until someone listens to you and the bullying stops
  - don't blame yourself for what is happening.

## What should I do if I see someone being bullied?

If you see someone being bullied (or witness it online), keep safe and choose your response to match the situation:

- speak up and let the person doing the bullying know that what they are doing is bullying
- refuse to join in with the bullying and walk away
- help the student who is being bullied to ask for help
- ask a teacher or support person for help
- report what happened
- use some of the links on the next page to help you find more information about bullying.

### **When bullying occurs, staff at the school may:**

- teach students how to cooperate and “get on” with others
- work out a behaviour plan or playground plan for some students, to keep everyone safe
- teach students about conflict and bullying
- run programs that help students become more confident
- run anti-bullying workshops
- have special meetings to work things out with the involved students
- have students complete classroom tasks about bullying in school subjects.
- give detentions, suspensions or exclusions to students who bully others.

### **What can I do if I feel the school is not dealing with the bullying?**

- talk to your parents/carers
- make an appointment to meet with a teacher, Year Coordinator, Guidance Officer, Deputy Principal or school principal
- ask a parent to email or phone a teacher
- ask a parent to contact your local district office. They will try to work with you and the school to try and solve the problem.

### **Where can I get more information about bullying?**

***Kids Helpline:*** a free, private and confidential, 24-hour telephone and online counselling service for young people aged between 5 - 25 years. <http://www.kidshelp.com.au/>

***Act Smart Be Safe:*** a gateway for parents/carers, students, teachers and the community to access information to help improve youth safety.  
<http://education.qld.gov.au/actsmartbesafe/>

***Alannah and Madeline Foundation:*** a national charity protecting children from violence and its devastating effects. <http://www.amf.org.au/AboutUs/>

***Bullying. No way!:*** an online resource providing information for parents/carers, students and educators. <http://www.bullyingnoway.com.au/who/default.shtml>

***KidsMatter:*** a school based framework that aims to improve the mental health and wellbeing of children. <http://www.kidsmatter.edu.au/>

***ReachOut:*** an online resource that assists young people by providing information to improve understanding of the issues that relate to mental health and wellbeing. Reach Out also has information on how young people can get the best help from services, as well as opportunities to connect with other young people. <http://au.reachout.com>

***National Centre Against Bullying:*** a peak body working to advise and inform the Australian community on the issue of childhood bullying and the creation of safe schools and communities, including the issue of cyber safety. <http://www.ncab.org.au/>

## **Runcorn SHS does not tolerate bullying.**



## Anti-bullying information sheet for parents

### What is bullying?

- ❖ Bullying is when a child, or a group of children, **deliberately** and **repeatedly** upset or hurt another child. The person/people doing the bullying will have some form of **power** over the target.
- ❖ Bullying is not one-off incidents of name calling or physical abuse, it is only bullying when it is repeated, deliberate and there is an imbalance of power involved.
- ❖ Bullying can happen anywhere and can involve both staff and students. It can happen at school, in the community and online.

### How can I tell if my child is being bullied?

Sometimes children who are bullied do not talk about it with parents/carers or teachers. They are concerned that “telling” will make matters worse. Some signs that a child may be experiencing bullying may include:

- loss of confidence, fearfulness or anxiety
- changes in eating or sleeping habits, bedwetting
- health problems, vague headaches or stomach aches
- unhappiness, tearfulness or mood swings, sudden temper tantrums
- reluctance to go to school, changes in academic performance
- lack of friends
- missing belongings or torn clothing.

### What should I do if my child tells me they are being bullied?

- Help your child to identify the bullying behaviour and ask them:
  - What has been happening?
  - Who has been involved?
  - Where have the incidents occurred?
  - Has anyone else seen the bullying behaviour?
- Discuss with your child some immediate strategies. Make a plan to deal with the bullying. Encourage them to:
  - talk with the teacher
  - walk away
  - use other strategies to diffuse the situation (see ‘fogging’ technique in intervention strategies section)
  - firmly say “No!”
- Become familiar with the school’s anti-bullying policy. Copies can be obtained from the school or school website.
- Contact the school to check that your child has spoken to someone about the problem and arrange a meeting to find out what the school will do to address the situation.
- Be clear about what you expect the school to do to help your child.

- Use some of the additional internet resources listed below to assist you and your child to learn more about bullying and prevention.

### **What will the school do?**

In situations where bullying occurs, staff at the school may:

- apply disciplinary consequences
- assist students to develop more appropriate social skills
- implement a behaviour management plan or playground plan for individual students
- explicitly teach about conflict and bullying
- implement resilience and anti-bullying programs
- conduct mediation sessions
- address bullying in their curriculum.

***The school will not give you any of the personal details of other students involved.*** They will not give you any details of consequences given to other students involved because of privacy requirements.

### **What can I do if I feel the school is not addressing the bullying appropriately?**

- make an appointment to meet with the school principal
- contact your local district office or appropriate school sector/parent representative body. They will endeavour to work with you and the school to try and solve the problem.

### **Where can I get more information about bullying?**

***Act Smart Be Safe:*** a gateway for parents/carers, students, teachers and the community to access information to help improve youth safety.

<http://education.qld.gov.au/actsmartbesafe/>

***Alannah and Madeline Foundation:*** a national charity protecting children from violence and its devastating effects. <http://www.amf.org.au/AboutUs/>

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## Need more information?

The following links may be of assistance:

**Act Smart Be Safe:** a gateway for parents/carers, students, teachers and the community to access information to help improve youth safety.

<http://education.qld.gov.au/actsmartbesafe/>

**Alannah and Madeline Foundation:** a national charity protecting children from violence and its devastating effects. <http://www.amf.org.au/AboutUs/>

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**National Centre Against Bullying:** works to advise and inform the Australian community on the issue of childhood bullying and the creation of safe schools and communities, including the issue of cyber-safety. <http://www.ncab.org.au/about/>

**National Safe Schools Framework:** incorporates existing good practice and provides an agreed national approach to help schools and their communities address issues of bullying, harassment, violence, child abuse and neglect.

[http://www.dest.gov.au/sectors/school\\_education/publications\\_resources/profiles/national\\_safe\\_schools\\_framework.htm](http://www.dest.gov.au/sectors/school_education/publications_resources/profiles/national_safe_schools_framework.htm)