

PORT KEMBLA PUBLIC SCHOOL

ANTI-BULLYING POLICY

Port Kembla Public School is committed to providing a safe and caring environment which fosters respect for others and does not tolerate bullying.

DEFINITION OF BULLYING

Bullying is defined as repeatedly hurting another person who is less powerful – either physically or psychologically. Underlying most forms of bullying is an abuse of power and a desire to intimidate and dominate.

Bullying can take many forms and we consider the following behaviours to be examples of bullying:

Physical:

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

Verbal:

- Σ Name calling
- Σ Teasing
- Σ Threatening
- Σ Making fun of someone because of their appearance, physical characteristics or cultural background
- Σ Making fun of someone's actions

Indirect:

- Σ Excluding others from the game or group
- Σ Spreading untrue stories about others
- Graffiti on school property or in the community
- Cyber bullying through the internet or mobile phones

STRATEGIES WE WILL USE TO DEAL WITH BULLYING

At Port Kembla Public School we will:

- Σ Openly talk about bullying – what it is, how it affects us and what we can do about it.
- Σ Teach our children the skills which will build their self-esteem and empower them to take the responsibility for themselves – and give them the opportunity to practise these skills.
- Σ Use a policy which clearly states what actions we will take to deal with bullying behaviour.

Responsibilities of Staff:

- Σ To model appropriate behaviours at all times.
- Σ To deal with all reported or observed incidences of bullying .
- Σ To ensure that children are supervised at all times.
- Σ To report incidences of bullying to the Principal if this is warranted.

Responsibilities of Children:

- Σ To 'tell' if they are being bullied or if they see someone else being bullied – both at school and on the way to and from school.
- Σ To help someone who is being bullied.
- Σ To not bully others.

Responsibilities of Parents:

- Σ To watch for signs that their child may be being bullied.
- Σ To speak to someone on staff at the Port Kembla Public School if their child is being bullied, or they suspect that this is happening.
- Σ To instruct their children to 'tell' if they are bullied as this will provide a safe environment for all.

REPORTING OF BULLYING

Incidences of bullying can be reported to a staff member by children and their parents. Bullying incidences that are dealt with are recorded according to school discipline procedures.

RESPONDING TO REPORTED INCIDENCES OF BULLYING

When a bullying incident is reported or observed we will use the following graded sanctions:

- Σ Details of report are recorded. Copies of the report are filed in both the bully and the student being bullied student behaviour file
- Σ Talk to the children involved about the incident and remind them that such behaviour is not acceptable. Comfort the victim and point out how he/she feels.
- Σ Warn the bully of the consequences of further incidences.
- Σ Inform other staff of the incident in Student Welfare sessions of the morning administration meetings.
- Σ Monitor the behaviour of the children involved following this discussion. Try and give the bully some tasks to do or some responsibilities, or praise him/her for doing something right. At this point the attached program may prove beneficial
- Σ If the aggression is repeated, separate the offender from the group for 'time out'.
- Σ If the child continues to bully, make an appointment to speak to the parents/carer. Remind them of the policy and ask for their cooperation in stopping the child from bullying other children.
- Σ If none of the sanctions succeed in stopping the child from being aggressive, he/she may be excluded – either from the playground or from school for periods of time.

The staff will be responsible for implementing any program and ensuring that incidences of bullying are dealt with in a manner consistent with the policy and as soon as possible after it is reported or observed.

IMPLEMENTING AN ANTIBULLYING PROGRAM

The following pages identify a program and survey that can be implemented at any time for individuals or class or school. First implemented at this school in 2003 it provided a clear focus for teaching for a term. Evaluation of the program showed a marked decrease in bullying. From 2003 the componenets could be used indiviually or in a group or class setting.

Policy reviewed and updated September 2009

By Student Welfare Committee –

Σ Carmel Godfrey

Σ Mary Duncan

Σ Kevin Tucker

ANTI- BULLYING PROGRAM OBJECTIVES

Each stage objectives build upon those of the previous stage.

STAGE ONE

- Σ develop an awareness of bullying
- Σ develop an awareness of the different forms of bullying
- Σ encourage the view that bullying is unacceptable behaviour
- Σ explore feelings that may be experienced in a bullying situation
- Σ provide age appropriate strategies for dealing with bullying situations

STAGE TWO

- Σ encourage an attitude of respect for individual differences
- Σ encourage the view that bullying is a problem for the whole school community
- Σ analyse scenarios involving bullying
- Σ encourage empathy and discuss strategies for helping one another

STAGE THREE

- Σ explore the effects of bullying behaviour
- Σ promote an atmosphere of mutual respect
- Σ examine strategies for supporting oneself and others in bullying situations
- Σ focus on possible ways students can contribute to a bully-free school environment

Classroom activities : What Bullying is and How to Deal With It !

The following activities are designed to raise students awareness of bullying and to encourage them to look ways in which they can help reduce it in school. Following this program the code of secrecy which traditionally surrounds bullying will be broken.

1. What is bullying ?
2. Being a bully.
3. Victims
4. Should I help ?
5. Who bullies ?
6. Names will break my heart.
7. Families and bullying.
8. How can I help ?
9. Bullying in our school.
10. No bullying in our class
11. Bullying situations
12. I'm glad we're different.
13. We all look different.
14. What are values ?
15. My family and yours.

Source : Sue Berne "Bullying - An effective anti-bullying program for primary schools"1999

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SURVEY ON BULLYING

This survey is to tell us about bullying in our school. It is confidential. If you are unsure of a question please ask the person giving the survey - do not talk to friends.

Bullying means deliberately hurting someone else by hitting, kicking, punching, calling names, spreading rumours, not including them in a group, or taking their belongings.

Please answer all the questions

Age _____ Boy/Girl Language spoken at home _____

Question	Never	Sometimes	Often	Every Day
1 . Have you ever seen anyone being bullied in this school ?				
2 . Have you ever been bullied in this school ?				

3. In what ways were you bullied ?
- I haven't been bullied
 - teased about my appearance
 - physically
 - called a name
 - something taken
 - threatened
 - not allowed to join a group
 - forced to hurt someone
 - talked about
 - forced to give money / food

20. Complete this question last

How do you think this school can stop bullying ?

Write down some ideas you have.

Port Kembla Public School - Bullying Survey

Student NameDate.....

I have been :

This was done by :

- π** Yelled at by other students
- π** Name called by students
- π** Punched or kicked
- π** Had things thrown at me
- π** Given hurtful notes
- π** Had notes written about me
- π** Excluded from games or groups
- π** Given unfriendly looks
- π** Cyber bullied on facebook etc
- π** Other
- π** None

I have seen younger students being bullied

Name of younger student

They were being bullied by