

What is Bullying?

There are several definitions of bullying but they include these parameters:

Bullying -

- Is repetitive over a period of time
- Is wilful conscious behaviour intended to hurt another person
- May be verbal, physical, social or psychological.
- May be an attitude rather than an "action"

Examples of Bullying:

- Derogatory name calling
- Unwanted touching, hitting or kicking
- Attempting to intimidate, threaten or belittle
- Deliberately ignoring or excluding
- Teasing
- Interfering with the property of others
- Sending hurtful notes

Belmay Primary is united in the belief that all members of the community have the right to a supportive school community.

What can you do if you are bullied?

If you are being bullied you should take the following actions and not just accept it.

- Do not retaliate by becoming a physical or verbal bully yourself.
- Try to ignore the bullying. If you show that you are not upset, the bully may stop.
- Laugh it off, use humour.
- Tell the bully to 'quit it', 'get lost' or 'cut it out'.
- Don't keep it a secret. Talk about it with your family and friends.
- There are many adults at school who want to help you. You should talk to your teacher, the Deputy or the Principal. They can help you decide how to handle the situation or they can take action.

Courtesy and kindness and respect for others are the basic expectations that people have of each other at Belmay Primary.

What can you do if you are a witness to bullying?

We all need to work together if we are going to stop bullying in our school.

If you witness someone being bullied you should:

- Offer friendship and support to the victim.
- Encourage them to get help from a teacher or family member.
- Tell the bully to leave the victim alone.

- Report the incident to a teacher or parent as soon as you can.

Students can be reluctant to talk with their parents because they fear the situation may get worse or it will be taken out of their hands.

Parents - You Can Help!

- Be observant and look for the tell-tale signs that something is wrong.
 - A sudden unwillingness to attend school.
 - Declining academic performance.
 - A decline, or loss of self confidence.
 - A lack of interest in social events.
- Encourage your child to talk. Discuss the school's expectations about behaviour and what your child could do as a witness to bullying.
- Build a welcoming and tolerant home environment.
 - Encourage your child to bring friends home.
 - Accept and tolerate differences in others.
 - As parents you are the most influential models for your child.
- Inform your child's teacher if you become aware of any bullying.

Strategies that will be used at Belmay Primary School

Belmay Primary has developed a series of strategies that will enable the whole school community to manage a problem that should not exist.

- **Establishment of Procedures for Dealing with Bullying Incidents**

Clear and consistent procedures have been developed by the staff of Belmay Primary. The procedures include clear boundaries, rights and responsibilities and appropriate sanctions for unacceptable behaviour.

- **Staff Development**

Staff receive ongoing training in dealing with bullying behaviour.

- **Student Education**

All classes conduct ongoing lessons with issues relating to bullying.

- **Student Counselling**

Students and parents have access to student counselling through the school psychologist.

- **Parent Education**

Information provided to parents through the school newsletter and on request

- **A Review and Monitoring of this Policy.**