

## **WHAT CAN PARENTS DO?**

- ⇒ WATCH FOR SIGNS that your child is being bullied, eg. unwillingness to walk to or from school, worries about coming to school, unexplained bruising, disappearance of property, etc.
- ⇒ ENCOURAGE the child to talk it through as much as possible so you get the basic fact.
- ⇒ KEEP AN OPEN MIND, remembering you are getting one side of the story only.
- ⇒ ASK questions gently.
- ⇒ HELP the child reflect on what has been done so far.
- ⇒ HELP the child work out the best way of solving the problem.

## **SOME IMPORTANT NEXT STEPS TO CONSIDER:**

- ◆ **NEVER** try to sort out the bullies yourself – it rarely works and can make the situation worse.
- ◆ **WHEN YOU ARE CLEAR** on the facts contact your child's teacher for an interview.
- ◆ **PRESENT** your information as calmly as possible.
- ◆ **REMEMBER**, the school says **NO** to bullying and the best way to solve the problem is to work with the school as partners in finding solutions.
- ◆ **ASK** your child's teacher about the school's policy on bullying and how they deal with it in their classroom.
- ◆ **GIVE** the teacher some time to investigate the problem and arrange a follow up time.

## **THE NEXT STEPS MAY THEN INCLUDE:**

- ⇒ **ENCOURAGE** your child to develop friendships.
- ⇒ **SUPPORT** your child in developing sporting, cultural and other talents that will build their confidence in a safe, supportive environment.
- ⇒ **WORK** at improving your child's self esteem.
- ⇒ **SEEK** counselling to enable the child to learn to be more assertive and resilient and less likely to be bullied.
- ⇒ IF **SEVERE ABUSE** is evident, you may wish to consider police action.

## **SAY NO TO BULLYING BY TALKING TO:**

- ✓ Your parents
- ✓ Other family members
- ✓ Your friends
- ✓ Your class teacher
- ✓ The teacher on playground duty
- ✓ Years 1, 2, 3 & SEU – Mr Parsons
- ✓ Years 4, 5, 6 – Mr Moore
- ✓ Year 7 – Mr Hay
- ✓ Ms Anderson-Bain (Guidance Officer) - Phone 54 471844
- ✓ Kid's Help Line – Phone 1800 551 800

# **TEWANTIN STATE SCHOOL**



## **SAY NO TO BULLYING**

**TOWARDS RESPONSIBLE THINKING  
AND  
SELF MANAGING BEHAVIOUR**

*Inspiring Our  
Community of Learners*

## WHAT IS BULLYING?



Bullying is both a community and a school issue.

It is *hurtful, aggressive* behaviour directed by those more powerful against those who are less powerful.

Typically, it is *repeated, enjoyed by the bully* and is *unjustified*.

Bullying may be physical (hitting, etc.) or psychological (constant teasing, put-downs, abuse, etc.). *It is neither normal or acceptable behaviour.*

Bullying is harmful as it takes away the individual's right to be safe.

Say **NO to BULLYING** by **TELLING** someone about it.  
**REPORTING** continual abuse **IS NOT DOBBING**.

### TEWANTIN SCHOOL SAYS NO TO BULLIES BY:

- ◆ Implementing the School Behaviour Management Plan
- ◆ Active class and playground supervision by staff
- ◆ Daily after lunch class discussions to deal with problems
- ◆ Individual counselling by staff, Guidance Officer and Time Out supervising teachers.
- ◆ Teaching of the anti-bullying elements of the Human Relationships Program
- ◆ Teaching strategies to students to help them deal with bullying.

### WHAT TO DO IF YOU ARE BEING BULLIED:

- **REPORT IT** – the bullying will usually continue unless something is done
- **USE THE 3 STEPS** – say  
*Stop it, I don't like that*  
*Stop it, or I will tell the teacher*  
**TELL** the teacher
- **STAND UP STRAIGHT** – look and sound confident
- **IGNORE** the bully – but tell someone if the bullying continues
- **TALK TO A FRIEND** – they might help you talk to an adult
- **ASK YOURSELF** – have you been taking away other's rights to be respected and feel happy. Do you need to change your behaviour too?
- **USE POSITIVE SELF TALK** – tell yourself you are OK and the bully is the one with the problem
- **AVOID "RISK" SITUATIONS** – stay away from the bully and play with your group of friends.
- **BE ASSERTIVE** – if you have to face the bully, stay calm, talk sensibly and avoid any violence
- **LISTEN** – to be the advice of your parents, teacher and Guidance Officer