

Things to try if you are being bullied

Tell the other person 'I don't like that'.
Use a strong and confident voice. Even if you don't feel strong and confident, fake it!

Talk with the person who is bullying you (if you think it's a safe thing to do).
Ask them if there is a problem that you might be able to sort out together. If you feel too scared to do it alone, ask a friend to come with you.

If possible, ignore the person bullying you.
When they're ignored kids who bully often lose interest. If that doesn't work, tell someone and ask for their help. Don't try to get back at the person who bullies you. It usually doesn't work, and you can end up in trouble too.

Hang around people who help you feel good about yourself
Friends don't bully you. They care about you and are fun to be around. You might also make new friends by caring about others.

If the bullying still does not stop go to a teacher and report what has happened

Remember

- It is your right to tell someone if you or your friends are being bullied.
- Do not retaliate with physical or verbal abuse

Consequences

If you bully someone, one or more of the following will occur:

- You will engage in discussions about the behaviour with a staff member
- You will be placed straight onto a Step 3 and complete a reflection sheet to consider more appropriate behaviour
- You will lose privileges
- You will offer apologies
- You will be banned from the facilities/property you have misused
- You will discuss your behaviour with the Principal. Your parents may be informed.
- You will be suspended.



St Brigid's School



All members of St Brigid's School have the right to enjoy a safe and happy school environment where co-operation and positive interactions are encouraged, people are valued and property is respected.

**ANTI
BULLYING
INFORMATION**

At St Brigid's School We Believe

- In showing respect for each other
- In respecting our own property and the property of others
- In contributing to a safe and happy school environment
- That everyone has the right to feel safe and happy.

We All Have A Responsibility

- To help other people feel safe and happy
- To treat others with respect

KINDS OF BULLYING

Bullying is **repeated** verbal, physical, social or psychological behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons.

Overt bullying (sometimes referred to as face-to-face or direct bullying) involves physical actions such as punching or kicking or overt verbal actions such as name-calling and insulting.

Covert bullying (sometimes referred to as indirect bullying) is a subtle type of non-physical bullying which isn't easily seen by others and is conducted out of sight, and therefore often unacknowledged by teachers.

Covert bullying behaviours mostly inflict harm by damaging another's social reputation, peer relationships and self-esteem.

Covert bullying can include repeatedly:

- using hand gestures and weird or threatening looks
- whispering, excluding, turning your back on a person
- blackmailing, spreading rumours, threatening, stealing friends
- breaking secrets, gossiping, criticising clothes and personalities.

Cyberbullying refers to bullying that is carried out through information and communication technologies.

Responsibilities

Staff

- To model appropriate behaviour
- To remind students of behavioural expectations
- To teach and remind the children to use the 3 step approach to problem behaviours (STOP, WALK, TALK)
- To teach and reinforce expected behaviour in all areas of the school and through all aspects of school life

Parents

- To model appropriate behaviour
- To encourage children to use the 3 step approach to problem behaviour (STOP, WALK, TALK)
- To encourage children to intervene proactively when they witness bullying rather than be a bystander
- To watch for signs that their child may be the victim of bullying
- To report concerns to the child's teacher

Students

- To use the STOP, WALK, TALK approach when experiencing difficulties
- To help someone who is being bullied
- To reject bullying
- To report incidents or suspected incidents of bullying