

# **CHRISTIES BEACH PRIMARY SCHOOL ANTI-BULLYING POLICY**

## **Preamble**

At Christies Beach Primary School we believe that everyone has the right to feel safe. For this reason we take bullying seriously. This policy explains what bullying is, how you can report it and what we will do to stop it from happening.

## **A definition of bullying**

Bullying is deliberate, hurtful gestures, words or actions which can be repeated over time. However, bullying may also result from one-off incidents.

## **Bullying:**

- Is the systematic abuse of power.
- May occur because of people's inability to accept and value difference.
- Includes racial or sexual harassment or any other form of discriminatory behaviour.
- Can involve violence.
- Is everyone's business.

## **Examples of bullying include:**

- Having your lunch money taken away often.
- Often being left out of games or conversations.
- Being hit or kicked.
- Being bullied by SMS on mobile phones or through internet e-mails.
- Being the butt of jokes and/or teasing.

## **Bullying can make children feel:**

- angry
- sad
- scared
- worried
- sick (e.g.: headache or stomach ache) which can result in poor attendance

## **What can you do about bullying?**

If you are bullied or you know someone who is being bullied please report it.

## **Who can you report bullying to?**

- Your teacher
- A member of leadership
- Any staff member at the school
- A Peer Mediator

- School Representative Council Students (SRC)
- A professional counsellor from an outside agency
- Your parent/s or caregiver/s
- Christian Pastoral Worker in person or via letterbox
- A friend

### **How to report**

Tell a trusted adult what has happened, where it has happened, how you are feeling, if it has happened before and what you did to try to stop it from happening.

### **When to report**

Report the bullying to a trusted adult as soon as it happens. Do not ignore it. When bullying is ignored it can give people the idea that we think it's acceptable.

### **What we do about bullying at Christies Beach Primary School**

- We listen and talk to the person who is being bullied and the person who has been involved in using bullying behaviour towards others.
- We negotiate consequences for the person who has been involved in bullying behaviour towards others. These may include counselling, office re-thinks, take home, suspension, exclusion, restricted play or community service (if deemed appropriate) & class circle time.
- We use restorative practices where appropriate to ensure that all parties in the process have the opportunity to discuss issues, feelings and explore possible ways to make things better.
- A Bullying & Wellbeing Survey was introduced in Term 4, 2010. Aimed at identifying certain aspects of bullying, supporting students around preventative strategies.
- Use language & strategies around the Emotional Thermometer & PITW.

It is important to understand that these steps may be different or change and are implemented at the discretion of the senior staff in consultation with class teachers. This is because each person is different and every incident of bullying may be different. At Christies Beach Primary School we are committed to treating everyone involved with respect and fairness.

### **What do we do at Christies to reduce bullying behaviour?**

If an incident of bullying occurs at Christies Beach Primary we use **prevention**, **intervention** and **post intervention** strategies.

#### ***Prevention strategies include:***

- Using the curriculum to teach students about respectful relationships, civics and citizenship.
- Develop and expand programs to help students participate and have a say in their learning and in school based decision-making.
- Teaching students about solution based strategies using the Emotional Thermometer & key concepts from Play Is The Way (PITW).
- Working together with members of our school community to develop policies, which promote student wellbeing.

- Teaching students about diversity and tolerance and encouraging and promoting positive behaviours in the classroom and the yard e.g. extra play time at the end of the week for all students who haven't received a Re-think that week.
- Providing training for staff and parents in the area of bullying and prevention in collaboration with outside agencies.
- Whole school approach to PITW. Classes participate in the Game Factory 3 times a week.
- School Counsellor supports social skills programmes in all classrooms.
- Weekly Student Representative Council (SRC) meetings in every classroom.
- Daily circle time in every classroom.
- Peer Mediators noticeably around the school during recess and lunch.

***Intervention strategies include:***

- Counselling students who have been involved in bullying.
- Talking openly with parents and caregivers about the situation.
- Using restorative practices where all parties are supported and have opportunities to talk about what has happened, how they feel and explore what can be done to repair relationships &/or 'bounce back'.
- Putting appropriate consequences in place for those who are using bullying behaviour.
- Teaching students about the role of bystanders and how they can play an active role in stopping bullying behaviour.
- Ensuring that all staff knows how to address bullying issues with confidence in an effective and respectful manner.
- Ensuring that staff has access to up-to-date training opportunities to further develop their knowledge and skills.
- Peer Mediators (PM) involved in fortnightly workshops around solution based counselling, focusing on supporting young people to use personal strategies.
- Peer Mediators in the yard every recess and lunch.

***Post-intervention strategies include:***

- Monitoring class and yard relationships and behaviour to ensure that student safety and wellbeing is maintained.
- Openly discuss policy directions and strategies with members of our school community.
- Reviewing yard duty practices to ensure that they are effective.
- Ensure that additional resources are allocated to yard 'hot spots' as required.
- Reviewing school discipline and student welfare policies to ensure their effectiveness is maintained.
- Planning, delivering and resourcing proactive curriculum and whole-school programs to maintain and strengthen positive school climate.
- Collate data from Bullying/Wellbeing surveys and use with staff, students and the community for forward planning.