



Student Information on Bullying, Harassment and Violence

What is Bullying, Harassment, and Violence?

Bullying and harassment can take many different forms.

Bullying refers to targeted, sharing of information, repeated behaviour from an individual or group that hurts, upsets, intimidates, scares or shames others.

Harassment is unwelcome and unwanted behaviour that is usually, but not always, repeated.

Violence is the intentional use of physical force or power against another person. This includes threats as well as injury.



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Types of Bullying, Harassment, and Violence:

Physical: hitting, punching, kicking, touching, pushing and pulling, scratching, rubbing, grabbing, pinching, spitting, taking/damaging property, and using objects as weapons.

Sexual: any unwelcome written, verbal, or physical content of a sexual nature.

Verbal and Written: spoken or written insults, threats, suggestive comments, name calling, unfair criticism, sharing and spreading rumours, note writing, graffiti, pictures.

Body Language: hand gestures, looks, facial expressions, turning away with the intent to cause harm.

Cyber: refers to bullying through websites, email, instant messaging, or using mobile phones or devices.

Group: forming groups to exclude others. Indirect: encouraging others to bully or harass.

A “one off” incident involving social isolation, conflict, random acts of aggression/intimidation or meanness are not defined as bullying but often staff intervention and management is required.

Where Can This Occur

- On the way to school
 - In the school yard or playground
 - In the classroom
 - In the library
 - In the toilets
 - On electronic devices
 - On excursions or camps
 - Anywhere...
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What to do if you are Being Bullied

If you are being bullied you need to:

1. Tell the person who is bullying to STOP
2. Tell a teacher or staff member
3. Tell the Student Wellbeing Leader, Assistant/Deputy Principal, or Principal.
4. Tell your parent or caregiver, and ask them to contact the staff at the school.
5. Participate in a Restorative Conversation, voice how you felt or have been affected and what needs to happen to put things right

Do you Bully or Harass?

Teachers will get involved if you are behaving in a way that causes other people to be scared, hurt, upset, or shamed.

Students will have a chance to:

- Participate in a Restorative Conversation, take responsibility for their behaviour and show a commitment to learning from mistakes.
- Show that they are sorry about what has happened. Sorry is just a word. Actions show you are sorry.
- Be involved in helping to make things better.

You may be offered:

- Counselling
- Skills training
- A meeting with your parents

If you choose to continue to bully and harass others, more serious interventions will be required.

Parent Responsibilities

- Remain calm.
- Teach and model appropriate behaviours at home.
- Support and encourage children to report incidents to the teacher or Leadership team so they can be dealt with immediately.
- Recognise and value the partnership between home and school. It is the school's responsibility to contact parents of other students when incidents happen.
- Remind your child they are loved and valued and assist them in maintaining a positive sense of self.

Signs that your child may be being bullied

- Loss of interest in schoolwork
 - Reluctance to attend school
 - Reluctance to talk about school and activities
 - Limited social contact with peers
 - Mood changes, being quieter, more attention-seeking or tearful than usual
 - Reported headaches, stomach pains, poor appetite frequently in the morning
 - Loss of sleep
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Staff Responsibilities

At Cowandilla Primary School and Children's Centre we work hard to prevent bullying and restore relationships.

We Believe:

- Every person has the right to be safe
- Every person has the right to be treated with **Respect**
- Every person has a **Responsibility** in stopping bullying behaviour

Teachers will teach you how to:

- Handle bullying and what to do if you are being bullied or harassed
- Be confident, cooperate and get along with others
- Bounce back and be resilient
- Listen to and support the person who has been bullied
- Keep yourself safe
- Be a supportive bystander, an upstander
- Teach and clarify for the student the terms, meanings and distinct differences between, bystander and an upstander behaviour, bullying social isolation, conflict, random acts of meanness, aggression and intimidation.

Upstander – a person that takes positive action or stands up when they witness someone being bullied and do something to stop the problem.

Bystander – a person who contributes to or does nothing to help stop the problem. They often laugh, cheer, support or encourage the bullying, assist, stand or watch.

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Teachers Will:

- Support the affected child and their wellbeing
- Work with the student who has been bullied and help them to understand the effect of their behaviour
- Give consequences to students who bully or harass which may include time out, Thinking Room, and restricted play
- Talk with parents
- Monitor agreed outcomes from the Restorative Conversation

When dealing with violence the safety of students is our first priority. Responses to violence will be determined by the seriousness of the act and Department for Education School Discipline Policy will be implemented.

Cowandilla's Student Information on Bullying, Harassment and Violence
complies with Department for Education School Discipline Policy

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