

**BULLYING IS:**

- A repeated and unjustifiable behaviour;
- Intended to cause fear, distress and/or harm to another;
- May be physical, verbal or indirect/relational;
- Conducted by a more powerful individual or group;
- Against a less powerful individual who is unable to effectively resist.

**TYPES OF BULLYING:**

	Direct	Indirect
<b>Physical</b>	Hitting, slapping, punching, kicking pushing, strangling spitting, biting pinching, scratching throwing things	Getting another person to harm someone
<b>Non-Physical</b>	Mean and hurtful name-calling Hurtful teasing Demanding money or possessions Forcing another to do homework or commit offences such as stealing	Spreading nasty rumours Trying to get other students to not like someone 'Pushing' someone so far they retaliate physically
<b>Non-Verbal</b>	Threatening and/or obscene gestures  Cyber bullying such as hurtful email, SMS, MySpace or MSN comments	Deliberate exclusion from a group or activity Removing and hiding and/or damaging others' belongings Inappropriate postings to YouTube or MySpace

**IF IT HAPPENS TO ME:**

- Tell the student who is bullying to stop. State quite clearly that the behaviour is unwelcome and offensive;
- Ignore them and walk away;
- Seek help. Talk about it to someone you trust;
- Report it to a member of staff, a trustworthy friend or buddy. Feel confident that an incident can be solved;
- Talk it over openly with your parents - they can help you make a decision;
- Do NOT retaliate with physical or verbal abuse;
- If you are experiencing bullying on the way to and from school, tell your parents and walk home with a friend;
- Write a description of the event and place it in the class meeting box or give it to the teacher.

"...telling helps to reduce the incidence of bullying and removes the guilt and hurt feelings of the students being bullied."



**IF IT HAPPENS TO SOMEONE ELSE:**

- Tell the person to stop bullying;
- Be a friend to the person being bullied;
- Encourage the person being bullied to inform some one;
- Seek help. You can decide to do something about it and to protect others;
- Write a description of the event and place it in the class meeting box or give it to the teacher;
- Talk it over with the teacher.

**SOME THINGS YOU CAN DO TO STOP YOURSELF FROM BULLYING:**

- Avoid people who encourage you to bully others - make different friends and don't encourage others;
- Learn to say and do what you want without making other people unhappy;
- Talk to someone you trust and get help.



**TRIBES AGREEMENTS**

At South Coogee, everyone has the right to feel safe and valued and every member of the school community has a responsibility to ensure that this happens.

To achieve this the South Coogee Community follows the Tribes Agreements:

<b>Mutual Respect</b>	-Celebrate & acknowledge the differences in people -Include everyone -Treat others the way you would want to be treated -Use "I" statements
<b>Attentive Listening</b>	-Listen to someone when they are telling you about a problem. Ask yourself "How can I help?" -Apologise if you need to
<b>Appreciations</b>	-Say encouraging words to people -If someone helps you, say "thank you". Acknowledge their efforts
<b>Right to Pass</b>	-Take the time to think about what to do if faced with a bullying situation, then act
<b>Personal Best</b>	-Do your best to support your peers -Never give up. Keep telling someone about a problem until they listen

## AS PARENTS YOU CAN:

- Be aware of signs and distress in your child;
- Assist your child to discuss the problem with a teacher;
- Discourage any planned retaliation, whether physical or verbal, if your child is bullied by discussing positive strategies they can use;
- Be positive about your child's qualities and encourage your child to be tolerant and caring.

"Adults are models for children's behaviour."



## AS STAFF WE WILL:

- Implement TRIBES strategies and observe agreements, particularly Mutual Respect & Appreciations
- Adopt positive classroom management strategies and incorporate anti-bullying messages in the curriculum;
- Provide positive role models for students;
- Actively counteract bullying behaviour;
- Respond appropriately to any reported incidents of bullying;
- Be obviously present during recess and lunchtimes when you are on duty, as a deterrent to possible incidents of bullying.

## AS A SCHOOL WE WILL:

- Be a TRIBES Learning Community
- Use cooperative learning strategies that include class and team building activities;
- Review the progress of strategies and implement improvements where needed.
- Implement PBS - Positive Behaviour Strategies and continuously review procedures and expectations.
- Use the *No Blame* approach when addressing bullying concerns.

**'TREAT OTHERS AS  
YOU WANT TO BE  
TREATED.'**



## USEFUL LINKS

TRIBES  
<http://tribes.com/>

South Coogee Primary School  
<http://southcoogeeeps.wa.edu.au/>

Michael Carr-Gregg  
<http://www.michaelcarr-gregg.com.au/>

Bullying - No Way  
<http://www.bullyingnoway.com.au/>

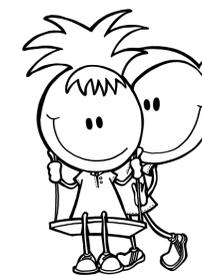
Kids Helpline - 1800 55 1800  
<http://www.kidshelp.com.au/index.php>

Lifeline - 13 11 14  
<http://www.lifeline.org.au/>



**South Coogee**  
PRIMARY SCHOOL

*Achieve, Respect, Inspire*



## **The South Coogee Approach to Preventing & Addressing Bullying**

At South Coogee Primary School we aim to establish a community in which everybody feels valued, respectful and safe, and where individual differences are appreciated, understood and accepted. Everybody has a right to enjoy their time at school. This community does not tolerate bullying or harassment.