



SALISBURY DOWNS PRIMARY SCHOOL Anti-Bullying Policy

PREAMBLE

Salisbury Downs Primary school is committed to providing a caring, safe and friendly environment for all of our students, so they can learn in a safe and supportive atmosphere. We believe that when students feel safe and supported within their environment optimal learning outcomes can be achieved and students thrive into confident community members. Bullying of any kind is unacceptable. If bullying occurs, all students should be able to report it and know that incidents will be dealt with promptly and effectively. Anyone that knows that bullying is happening is expected to report it to school staff.

RATIONALE

The purpose of this policy is to provide information to students, staff and parents/caregivers information about Anti-bullying. The policy provides parents/caregivers the processes needed to report bullying when it occurs and how the school will follow up the bullying incident.

WHAT IS BULLYING

Bullying is the use of targeted, intentional and ongoing unwanted behaviour towards another person with the intention of hurting, either physically or emotionally.

Bullying is not 'one off' incidents of harassment or teasing.

Bullying can be:

- Physical (hitting, kicking, pushing, strangling, throwing things, property damage, using weapons)
- verbal (name calling, teasing, racial harassment, gossiping, spreading rumours, sarcasm)
- Non-verbal (threatening and obscene gestures, exclusion from a group or activity, stares, removing or hiding belongings, written insults)
- Sexual (inappropriate touching, not respecting personal space, rude or offensive comments based around sexuality or teasing about girlfriends/boyfriends)
- Cyberbullying– which is being cruel to others by sending or posting harmful material using the internet or other digital technologies)
- Bystander –watching bullying occur and not doing something to stop it and /or report it

SIGNS AND SYMPTONS

Children who are being bullied at school may not always tell a teacher about it. They may be afraid to tell, thinking that it may make the situation worse. This is why, parents or caregivers have an important part to play in helping your child and the school deal with bullying. A child may indicate by signs or behaviour that he or she is being bullied. Adults should be aware of these possible signs and that they should investigate if a child:

- Refuses to go to school and is finding excuses not to go
- Is frightened of walking to or from school/begs to be driven to school
- Changes their usual routine
- Begins to be truant
- Has unexplained cuts, bruises or scratches
- Has unexplained change of mood, tension or emotional distress, cries themselves to sleep at night or has nightmares
- Becomes withdrawn anxious, or lacking in confidence
- Attempts or threatens suicide or runs away
- Has damaged or missing clothing/possessions
- Comes with clothes torn or books damaged
- Begins to do poorly in schoolwork
- Is nervous or jumpy when a cyber-message is received

These signs and behaviours could indicate other problems, but bullying should be considered a possibility and should be investigated.

WHAT SHOULD I DO IF I SUSPECT MY CHILD IS BEING BULLIED?

Talk to your child about what is happening for them at school and establish whether this has been an ongoing problem for them

Come into the school and discuss your concerns with the child's teacher, to establish whether they have noticed anything different about your child, eg– a shift in behaviour, being withdrawn, etc

Make a member of leadership aware of the disclosure of bullying from your child, so that they can carry out further investigations of the claim to ensure that your child feels safe at school once again

HOW WILL THE SCHOOL HANDLE A REPORT OF SUSPECTED BULLYING?

The bullying or threats of bullying will be investigated. This will include documentation of the bullying issue on our incident reporting forms

- In serious cases parents of the bully will be informed and will be asked to come to a meeting to discuss the problem
- The victim of bullying will be involved / informed and will be asked to come to a meeting to discuss the problem
- If necessary and appropriate, police will be consulted
- An attempt will be made to help the bully (bullies) change their behaviour

We use a range of preventative, intervention and follow up strategies to best deal with the situation by:

- Using Restorative Practices to repair and strengthen relationships
- Educating students on how to be confident and to cooperate and get along with others
- Encouraging students to bounce back and be resilient
- Teaching students about conflict resolution, anger management, problem solving and assertive-ness training

Other actions may take place. In serious cases, suspension or even exclusion will be considered. If necessary and appropriate, police will be consulted.

PREVENTION: HOW IS BULLYING ADDRESSED AS PART OF THE CURRICULUM?

Salisbury Downs Primary School will use a number of proactive methods for helping students to prevent bullying. We believe education is paramount in enabling children to understand how to interact with one another and to understand one another. All teachers will use the Child Protection Curriculum as a reference for teaching students the skills to prevent, recognise and /or manage bullying. A major element of our social education is based on a program called Play Is The Way. Children learn that even the biggest bully has someone scared inside. We teach children that we should live by the Golden Rule in life 'Treat others the way you would want to be treated'. We instil in our students the notion of being courageous, it is one of the school values that we teach children that it is the virtue that underpins all other virtues. It takes great courage to do what is right, and what is right is always the best thing to do. We discuss with student the difference between thinking and feeling. It is alright for us to feel whichever feeling is aroused in any given situation, but it is our thinking that must drive our actions.