WHAT DOES THE SCHOOL DO ABOUT BULLYING?

At Gilles Plains Primary we do a lot of things to address bullying and repair relationships.

Some of these include:

- Starting the year with the “Let’s Start” program where students are taught how to handle bullying and what to do about it.

- Using Restorative Practices as part of the Behaviour Education Policy so we can address
  What’s happened?
  Who has it affected?
  How can we fix the problem?

- Teaching students how to be confident and to cooperate and get along with others.

- Encouraging students to bounce back and be resilient when bad things happen.

- Listening to and supporting the person who has been bullied. Teaching them ways to keep safe.

- Giving consequences to students who bully others. These consequences may include restricted play, office time out or suspension.

- Talking with parents of students who bully.

Kids Help Line
Free Call
1800 55 1800

www.kidshelp.com.au

24 hour telephone and online counselling for young people.
**WHAT IS BULLYING?**

Bullying is when the following things happen over and over to someone and it is hard for the student being bullied to stop these things from happening.

Bullying can include the following:

- **Exclusion:**
  Being ignored, left out on purpose, or not allowed to join in.

- **Physical Behaviours:**
  Being hit, kicked or pushed around.

- **Lies or Rumours:**
  Lies or nasty stories are told about someone to persuade other children to dislike them or to get them into trouble.

- **Verbal Abuse and Teasing:**
  Being made fun of and teased in a mean and hurtful way.

- **Cyber Bullying:**
  Being bullied by text messages or through the internet using email or social networks.

- **Threats:**
  Being made to feel afraid of getting hurt or being forced to do something they don’t want to do.

**WHAT TO DO IF YOU ARE BEING BULLIED**

- If you are being bullied in the yard – tell a yard duty teacher.
- If you are being bullied in the classroom – tell your class teacher.
- Make an appointment to see the Deputy Principal or Principal and discuss the problem with them in private. If you need, take a friend with you to support you.
- Tell your parent or caregiver, and ask them to contact staff at the school.

**BULLYING CAN BE STOPPED!**

Don’t Watch Bullying Happen!

*Don’t be a “Bullying Bystander”*

Let the person doing the bullying know that what they are doing is wrong.

If you watch silently or laugh, you are helping the bully.

HELP the situation by taking away the audience – **WALK AWAY!**

Use assertive body language and say, “Stop it. Leave them alone!”

It is your responsibility, if you know someone is being bullied, to tell a teacher or the Principal.