

If your child is bullying others:

- Make it clear that bullying because of revenge, for annoyance or for fun is unacceptable.
- Help your child to understand the difference between assertive and aggressive behaviour.
- Make it clear that hurting or distressing another person unable to defend him or herself is a form of weakness and proves nothing.
- Explore the possibility that the child is seeking attention and love. Are there some home or school situations that are contributing to the bullying? Sensitive discussion may indicate that the person bullying may also be being bullied.
- Explore the need for development of self-confidence and success in another area to counter poor self-esteem.
- Talk with other parents, friends, teachers and share ideas and experiences.



What the school community must do:

Listen and offer immediate support.
Arrange a meeting with all concerned. Use the Restorative Justice Questioning Process.

The process:

- We're here to solve a problem.
- No blaming;
- No excuses;
- No interrupting.

Everybody listens:

- Each person tells what happened to them;
- Just the facts;
- Each person tells how they felt.



Resolving the conflict:

- Each person states what they need if the problem causing the conflict is to be solved;
- The mediator helps both sides to work out strategies and to reach agreement.

WOOMERA AREA
SCHOOL



Statement on Bullying

At Woomera Area School, all members of the school community are entitled to a safe, secure and caring environment.

Rights and Responsibilities

Rights

To feel safe

To learn

To be respected

To be valued

Responsibilities

To respect yourself

To respect others

To use common sense

To support others



Definition of bullying:

Bullying is the wilful conscious desire to repeatedly hurt, threaten or embarrass someone.

Acts of bullying:



- Verbal—Nasty name calling, taunting, teasing and spreading gossip or rumours.
- Threats of physical harm and intimidation.
- Written: Writing and sending nasty notes.
- Extortion: Demanding money or favours.
- Exclusion: Deliberately leaving someone out of an activity or ignoring and avoiding someone.
- Interference with personal property.
- Physical harm: Hitting, punching, kicking and throwing objects.
- Racism or racist remarks and actions.
- Sexism or sexist remarks or actions.

Indicators of bullying:



If a child is showing any of these indicators it could mean they are being bullied at school:

- Unwilling to go to school.
- Become withdrawn
- Begin to do poorly in schoolwork
- Come home regularly with damaged clothes or possessions.
- Have unexplained scratches or bruises.
- Cry themselves to sleep.
- Have nightmares.
- Refuse to say what is wrong.
- Refuse to work in a particular group or sit next to a particular student.
- Mood swings.
- Withdrawn from social activities with peers.

What a parent can do:

If your child is involved with bullying, he or she needs your confidence, understanding and support.

If your child is being bullied:

- Encourage talking; it may be difficult but be patient.
- Try not to overreact, listen calmly and try to work out the facts.
- Give assurances that the situation will be changed.
- Assure your child that it happens to most people at some time. We learn to avoid it, cope with it or confront it.
- Reassure your child that it is not happening because there is something wrong with him or her.
- Identify reasons why bullying is hurtful and explain that not responding helps in stopping the unwanted behaviour.
- Report the matter to a staff member.
- Tell your child that physical or verbal retaliation is NOT the answer.

Always try to work through the school, but talk with your child about what you are doing and why.

