SMITHFIELD PUBLIC SCHOOL ANTI-BULLYING POLICY

RATIONALE:
At Smithfield Public School we value respect and show tolerance of others in a safe and supportive environment. We foster positive relationships through strong welfare programs. As part of our school’s Welfare and Discipline Policy, our Anti-Bullying Policy aims to deal effectively with and prevent incidences of bullying.

OUR DEFINITION OF BULLYING:
Bullying is defined as the continual act of deliberately hurting, threatening or intimidating another person. What is bullying for one person may not be the same for another.

OUTCOMES:
- To raise the school community’s awareness of bullying
- To outline the responsibilities of students, parents and staff in reducing bullying
- To empower students with strategies for resolving conflict in a non-threatening way.
- To promote a culture of positive behaviour and citizenship.

Bullying takes many forms. Our school considers the following behaviours as examples of bullying:

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<thead>
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<th>Physical:</th>
<th>Indirect:</th>
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<tr>
<td>• Pushing/ shoving</td>
<td>• Spreading rumours</td>
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<td>• Hitting/ punching</td>
<td>• Excluding others</td>
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<td>• Kicking</td>
<td>• Writing notes</td>
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<td>• Throwing objects</td>
<td>• SMS messages/email</td>
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<td>• Taking others belongings/ stealing from others</td>
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<td>• Damaging others belongings</td>
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<td>• Spitting at others</td>
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<td>• Intimidation – making someone do something against their will.</td>
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<th>Verbal:</th>
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<td>• Threatening</td>
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<td>• Name calling/ teasing</td>
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<td>• Swearing at others</td>
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<td>• Ridicule (making fun) of another person because of their actions, appearance, physical characteristics or cultural background.</td>
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As a staff and school community we have a responsibility to take positive and consistent actions to deal effectively with bullying.

Staff responsibilities:
- To model appropriate behaviour at all times.
- To monitor and track incidences of bullying (using EduPro) and take appropriate action.
- To implement school programs, which promote positive relationships and incorporate strategies to deal with bullying.
- To communicate bullying incidents with parents when needed.

Parent responsibilities:
- To support the school’s Anti-Bullying Policy.
- To take an active role in their child’s school life and watch for signs that their child may be being bullied.
- To encourage their child to adopt learnt strategies to deal with bullying.
- To instruct their child to “tell” if they are bullied.
- To inform the school if any bullying is suspected.

Student responsibilities:
- To show respect, consideration and support of others.
- To “tell” if they are being bullied or if they see someone being bullied – both at school and on the way to and from school.
- To attempt to use learnt strategies to deal with bullying incidents.

Consequences:
When a bullying incident is reported or observed, the school will:
1. Have discussions with the students involved.
2. Enter the incident/consequence into EduPro for future reference.
3. Take appropriate action e.g. detention, time-out in the classroom.
4. Report to parents of major bullying incidences.
5. Possible suspension.

Evaluation:
Incidents of bullying will be monitored on an ongoing basis. Student Welfare Programs will be evaluated annually. Data entered into EduPro is to be monitored by teachers and supervisors alike.

Smithfield PS Anti-Bullying Policy rev1.08, July 2008
Appendix 1.

Strategies for students on how to deal with bullying behaviours:

- Stay in sight of peers and adults
- Try to stay calm. Practise keeping calm and walking away.
- Try to show you are not upset. Practise this.
- Look at the person. Try to speak in a strong voice. Say something like “You might think that but I don’t” or “Why are you doing this?”
- Use an “I” message. Express your feelings in an assertive way e.g. “I want you to stop” or “Please don’t do that, I don’t like it”
- Walk away quietly without looking back.
- Go to a safe place e.g. with other children; near a teacher
- Talk to someone who can help you. Tell them what has happened, how you feel and what they can do to help. This is not “dobbing”!
- Use humour if appropriate.

Most people have experienced some kind of bullying at some time, so do not be ashamed to SPEAK UP. It is OK To TELL!

Appendix 2:
Unless we are observant and watch for signs of bullying, we may never know that our children are involved.

Signs that your child may be being bullied:

- Dislikes school
- Lowered school performance
- Gets into trouble more often at school
- Wants to be taken to school even though it is close.
- Takes the long way home or walking instead of catching the bus.
- Possessions are damaged or missing
- Seems unhappy or depressed – cries easily and for no apparent reason
- Unable to explain bruises and scratches
- Complains of stomachache to avoid school.
- Asks for, or steals extra money
- Doesn’t seem to have any friends
- Has bad dreams
- Sleeps badly
- Wets the bed
- Gets angry with brothers and sisters
- Sudden mood swings and outbursts of temper
- Uses put-down language when speaking about others

Signs that your child may be bullying others:

- Aggressive behaviour – both inside and outside the home (teasing, threatening, hurting others)
- Difficult to manage
- Oversensitive – feels everyone is out to get him/her
- Unhappiness
- Loses temper frequently
- Quietness or depression
- School work is suffering
- Disturbing stories about the child – from other students, their friends or other adults.
- Sensing that other parents (whose children have contact with your child) are avoiding you, or hinting at things you don’t know.

NSW DET Anti-Bullying Policy