

Why Should We Try To Stop Bullying?

Bullying is bad for both the bully and the victim.

Victims suffer by:

- Feeling unhappy.
- Feeling that “I can't do anything”.
- Feeling lonely and rejected.
- Lacking enthusiasm for school and their class work.
- Not participating in school activities.

Bullies suffer because they:

- Have difficulty in communicating.
- Have difficulty relating to and making real friends.
- May develop social problems as adults.
- Can develop poor attitudes to school and learning.

“Every child is supported”

What Is Bullying?

- Bullying is an abuse of power.
- Bullying is hostile or aggressive behaviour that harms the victim.
- Bullying thrives in a climate of secrecy and fear.
- Bullying is repeated negative behaviour towards someone else.

Raising Bullywise Kids

by Lyndall Horton-James 2004

Types of Bullying

Physical Bullying: fighting, kicking, punching, hitting, pushing, pinching, and moving in close on the victim's space.

Verbal Bullying: using words to hurt a person's feelings in the form of teasing, swearing, spreading rumours about the person or their family.

Visual Bullying: using graffiti, rude gestures, writing threatening letters or passing notes around or using SMS messages.

Emotional Bullying: hiding another child's things or tormenting them to get a reaction.

Exclusion: deliberately leaving someone out of a game, ignoring them or not letting them into a group.

Currans Hill Public School



**Say
NO
to
Bullying**

**“Care and support
for all students”**

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Parents

In addition to informing the school and talking to your child's teacher, there are many things you can do as a parent.

If Your Child Is Being Bullied

- Know all you can about bullying.
- Listen well.
- Accept your child's feelings.
- Reassure your child.
- Talk to your child about what bullying really is.
- Teach your child useful responses to bullying - practise what to do.
- Teach them problem solving skills - be sure your child has non-violent responses to bullying.
- DO NOT deal with the bully yourself.

If Your Child Is Bullying Others

- Love your child - hate the behaviour.
- Model positive behaviour.
- Stay calm.
- Work with the school.
- Hold your child accountable.
- Use praise and rewards.
- Check if your child is being bullied but don't make excuses for their behaviour; bullying is not acceptable.

Staff

As teachers at Currans Hill Public School, there are many things we do to work to prevent bullying.

Teachers will:

- Work to create a safe and pleasant environment in the school.
- Act as role models of caring and tolerant behaviour.
- Be observant of signs of distress or suspected bullying incidents.
- Work with parents and children to solve bullying problems.
- Inform parents of serious bullying incidents if their child has been identified as exhibiting bullying behaviour.
- Work with the school's Learning Support Team to provide appropriate support and counselling where required.

Acknowledgement

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Support Material

Student Discipline Code

Our Golden Rules

Social Skills Program

Values in NSW Public Schools

Students

In addition to informing the teacher and your parents, there are many things you can do as a child at Currans Hill Public School.

It is important to report bullying immediately and not to leave it for days or weeks later.

If You Are Being Bullied

- Be aware of the types of bullying behaviour.
- Be assertive - Say STOP in a firm, strong voice.
- Walk away and tell the teacher if the bullying continues.
- Do NOT use violence against a bully.

If You See Someone Else Being Bullied

- Do NOT use violence to stop the bullying.
- Be assertive - Say STOP in a firm, strong voice.
- Do NOT stand by silently and let someone else be bullied.

***“Care and support
for all students”***