

You can control what happens by following the action plan:

If you are being bullied or harassed in the playground ...

- take a deep breath,
- look directly into the eyes of the person attempting to bully you,
- speak in a firm, clear voice and say loudly, "Stop that, I don't like it!"
- go directly to your teacher (or the teacher on duty if you are in the playground) if the attempts to bully you don't stop and report what happened
- report to the Anti-Bully Station at lunch time

Any further incidents of bullying or threatening behaviour by the same person may result in him/her ...

- sitting on the jetty area in the playground or classroom
- being on detention to consider more appropriate behaviour
- being referred to the Principal and Student Welfare Committee
- having parents contacted by the school and informed of the bullying behaviour

If you witness bullying behaviour always challenge/report it.

Remember ...it's up to you! Take control of the situation.

When students, parents and staff work together we create a safe and caring environment.

Students! You can control what happens by ...

- following the action plan,
- not retaliating with physical or verbal bullying
- telling an older person

Parents!

You can control what happens by ...

- watching for signs of distress in your child
- listening to your child
- giving assurance and support
- discussing the action plan with your child
- advising your child to tell a staff member
- informing your child's class teacher of suspected bullying
- attending interviews at school

Staff!

You can:

- be role models in words and actions
- ensure students feel
 - safe and valued in the classroom
 - are listened to
- be observant of signs of distress or suspected incidents of bullying
- encourage students to ask for help when needed
- report bullying to the Student Wellbeing Tea

Feeling safe and valued at.....



Valentine Public School

Our school community is dedicated to providing a safe learning environment where students feel valued and confident in their own personal development.

BULLYING and HARASSMENT

Bullying is repeated oppression, psychological or physical, of a less powerful person or group of persons. (Rigby, 1996:15)

You can control what happens!

For example, bullying occurs when a person ...

- is called names
- is threatened
- is put-down
- is teased in an unkind way
- is ridiculed
- has property hidden, damaged, stolen or destroyed
- is physically hurt
- has graffiti written about him or her
- is left out
- is sent hurtful notes
- is singled out for unfair treatment
- is picked on
- has rumours spread about him or her; and/or
- is stalked or given condescending looks

If someone is bullied he/she...

- may be confused and not know what to do about it
- may feel sad, frightened, unsafe, sick, embarrassed, angry, unfairly treated
- it can affect school work and family and friends



Possible signs and symptoms of being bullied;

There is no particular pattern. A victim may ...

- have unexplained cuts and bruises
- have equipment or personal items hidden, damaged, stolen or destroyed
- complain of vague headaches, stomach aches or feeling sick
- wet the bed, bite nails, have poor sleep patterns and bad dreams
- exhibit unusual emotional outbursts or mood swings
- withdraw from friends or family
- appear anxious, insecure, sad, teary, depressed, secretive
- have low self esteem
- display an unwillingness to go to school
- sit alone in class or be alone in the playground
- change friendship groups frequently
- come home hungry (because lunch money or food has been taken)
- want extra money without giving a reason and/or
- show deterioration in school work, avoid participating



Education &
Communities

At *Valentine Public School* we support students through.....

- zero tolerance to Bullying behaviours
- encouraging students to employ strategies taught during our Bullying Awareness Programs
- creating positive classroom environments
- consistently rewarding positive behaviour and effort through Positive Behaviour for Learning
- classroom-based Personal Development Programs
- the Child Protection Program
- the Drug Education Program
- the Life Education Program
- the K-6 Buddy System
- class meetings and discussions
- developing positive Student Parliament roles
- an active Learning Support Team
- an active and supportive P & C.



