

At Goodwood Primary School

Student wellbeing is a basic right.

Bullying is wrong. It is not wanted, not asked for and has no place in our school.

We all have the right to work, learn and play in a safe and secure environment.

Therefore:

We all have the responsibility to ensure that this happens.

We all have the right to be treated as valued individuals.

Therefore:

We all have the responsibility to treat others with kindness and respect.

We must understand and use the Grievance Procedure.

What school will do:

- Explicitly teach our school values: 'Fairness, Achievement, and Respect'.
- Explicitly teach the mandated Child Protection Curriculum (includes power in relationships and bullying)
- Specific curriculum about bullying (including cyber bullying) and the role of a bystander, conflict resolution.
- Teach about Grievance Procedures
- Implement a Social Skills Program
- Implement a Buddy Class Program
- Implement Safe Buddies
- Use Program Achieve: Keys to Success
- Encourage Student Voice: class meetings and upper primary school leaders
- Teach and use Restorative Practices when problems occur

What parents can do:

- Encourage talking: it may be difficult but be patient
- Try not to overreact, listen calmly. Try to work out the facts
- Give assurances to your child that they will be supported
- Reassure your child that the bullying is not happening because there is something wrong with them.
- Alert the school to the problem. Report the matter to a staff member. Make a time to explore the problem in full.
- Tell your child that physical or verbal retaliation on their part is not the answer.

Student Wellbeing

Stop Bullying and Harassment



Everyone at our school has the right to be safe, happy and free from bullying and harassment



FAIRNESS, ACHIEVEMENT, RESPECT

**Goodwood Primary School
Tel: 8271 2280**

Bullying means repeatedly and deliberately trying to hurt, embarrass or upset another person. This can cause emotional, social and physical stress.

WHAT IT LOOKS LIKE:

- kicking
- online/ social media threats
- teasing
- spreading rumours
- mean text messages
- following others' - rude gestures
- forming & excluding from groups
- creating online accounts in people's names
- intimidating: standing over someone
- embarrassment
- taking belongings
- punching/ hitting
- eye rolling
- taking belongings

WHAT IT SOUNDS LIKE:

- disrespectful language
- being laughed at
- put downs
- silence

WHAT IT FEELS LIKE:

- lonely
- embarrassed
- upset
- guilty
- angry
- unsafe
- hurt
- humiliated
- worthless
- depressed
- sad
- alone
- worried
- you don't belong
- distressed
- anxious
- de-valued

Steps to take to stop bullying and harassment:

1. PROBLEM SOLVE

Try to solve it yourself. Stand tall and use a strong and confident voice. You could ignore it; walk away, tell the person/people to stop. For online bullying speak to an adult (see step 3).

If the bullying and harassment stops, good.

Otherwise go to step 2



2. GET SUPPORT

Walk away and tell someone you trust. Find a Safe Buddy who will support you to solve it. For online bullying speak to an adult (see step 3)

If the bullying and harassment stops, good.

Otherwise go to step 3



3. REPORT

Report it to a teacher – your class teacher, yard duty teacher, support staff or leader. Your parents/caregivers need to be involved.

Don't stay quiet about bullying and harassment.

Persist until it stops.

Bystanders can stop bullying and harassment. If you see someone being bullied or harassed, try to do something positive to help, such as:

- tell the bully to stop (if it is safe to do so)
- support the bullied person and tell a Safe Buddy
- tell a teacher or a parent.

If you know someone is being bullied, report it to your class teacher, yard duty teacher, Deputy Principal Assistant Principal or Principal. If you do nothing, you are part of the problem.



A Bystander is a witness to bullying and harassment.