BULLYING. NO WAY!

Eastern Fleurieu School
Information

If you would like further information please contact the school.

You may also find the following literature helpful.

- Friendly Schools
- www.headroom.com
- www.reachout.com.au
- www.bullyingnoway.com.au
- www.kidhelpline.com.au or Kids Help Line Phone Number on 1800 551800

EFS has the responsibility to provide a safe and secure environment, free from bullying, where students can learn, participate and enjoy their school life. We promote connectedness, fairness, consistency, respect for others, self esteem, honesty and cooperation. We believe that bullying is a relationship problem that requires relationship solutions.

We believe education reduces the incidence of bullying.

Government of South Australia
Department for Education and Child Development

Policy review date Feb 2016
What is bullying?

Bullying is a deliberate psychological, emotional and/or physical harassment of one person by another, or a group of people. It is an abuse of power that occurs systematically and repeatedly. Bullying includes a wide range of conduct that causes another person to feel embarrassed, offended, hurt, humiliated, insulted, ridiculed, angry or afraid.

Cyber-bullying refers to bullying through information and communication technologies such as the internet and mobile phones.

Examples of Bullying

<table>
<thead>
<tr>
<th>Direct</th>
<th>Indirect</th>
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<tbody>
<tr>
<td><strong>Verbal Abuse</strong></td>
<td>Persuading another person to criticize or insult another</td>
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<tr>
<td>Verbal insults</td>
<td>Spreading malicious rumours</td>
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<tr>
<td>Unfair Criticism</td>
<td>Anonymous phone calls, emails, SMS</td>
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<td>Name Calling</td>
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**Gestural Abuse**

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<th>Threatening or obscene gestures</th>
<th>Deliberately turning away or averting one’s gaze to ignore something</th>
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<tbody>
<tr>
<td>Menacing stares</td>
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**Physical Abuse**

| Striking | Getting another person to assault someone |
| Spitting | Removing or hiding belongings |
| Throwing Things | |
| Using a weapon | |
| Touching someone and making them feel uncomfortable | |

**Group Bullying**

| Forming coalitions against someone | Persuading people to exclude someone |

Student Procedure

If you are bullied DO NOT IGNORE the bullying, as this makes it worse.

First stop and ask yourself:
- What is the problem?
- What is happening?
- How do you feel?
- What do you want to happen?

Choose one of the steps below. If this does not stop bullying try another one.

- Tell the person or people that they are bullying and to stop the behavior. Walk away confidently.
- Talk to a school staff member.
- Talk to any adult or student you trust.
- Refrain from bullying others.
- Ring the Kids Help Line. Telephone: 1800 55 1800

If you have witnessed bullying behavior

Bystanders are spectators, witnesses or supporters who are present during a bullying incident. To encourage the bullying or to do nothing is also a form of bullying. When bystanders seek to discourage bullying behavior, bullying stops 50% of the time. As a witness you should:

- Tell the person who is bullying that their behavior is unacceptable.
- Support the person who is being bullied and request help from a teacher.
- Refuse to join in the bullying and walk away.

School Procedure

At Eastern Fleurieu School we believe the following prevention, intervention and post-intervention strategies should be implemented.

**Prevention strategies** include:
- Lessons at the beginning of each year which identify:
  - Bullying
  - Issue for bullies, victims and bystanders
  - Strategies for students to eliminate bullying
  - Safe places in our school
- Our bullying policy, consequences and students’ role in making our school a bully free zone throughout the school.
Development of a common understanding of prevention strategies.