

ANTI-BULLYING POLICY

We want Fraser Park to be:

A safe place for everyone where bullying will not be tolerated.

Bullying is:

the systematic abuse of power. It involves physical, verbal or social behaviour and includes cyber bullying. It is behaviour that is unjust, deliberately hurtful and is **REPEATED** over time, e.g. repeatedly:

- being teased
- being left out of games
- being hit or kicked.

Cyber bullying is carried out through the internet via emails, chat rooms, discussion groups or instant SMS. It can involve:

- teasing and being made fun of by capturing unwanted images/videos on mobile phones, internet websites or chat rooms
- spreading of rumours online
- sending unwanted messages/defamation via phones, emails, websites.

What we do at Fraser Park to reduce bullying:

Prevention strategies include:

Building resilience and strengthening students by incorporating into our curriculum the following programs/strategies to explicitly teach appropriate behaviour, social skills, assertiveness, protective behaviours, anger management and conflict resolution:

- Program Achieve (Re-think model in W6)
- Restorative Justice
- Circle Time/Forum
- Family conferences
- Values Education
- Drama in Action
- Clear policies on mobile phone and computer use

Focus students on preventing and stopping bullying through involvement of students in visual representations in class and yard (signs, posters, newsletter, local press murals, values based code of conduct).

Intervention Strategies include:

- Counselling students to identify issues and behaviours.
- Use Re-think & restorative practices to develop alternative strategies for all parties (bullies, victims & bystanders) and to minimise harm.
- Involve families regarding behaviours and strategies.
- Using 'Forum/Circle Time' (Student Voice)/Family Partnerships forum.

What we do about incidents of bullying:

- Listen to all individuals involved to identify behaviour (bullies and victims).
- Use Re-think and Restorative Practices.
- Use W6 (Re-think Room).
- Use appropriate consequences. These may include 'focus', 'time-in', 'take home', suspension.
- Contact families as required.
- Family Conferences
- Work with the Police Community Liaison Officer.

What can students do about bullying?

If you are bullied or you know someone who is being bullied, try the steps on the 'If Someone Bullies You' poster (Walk Away, Tell, Say 'Stop It' In A Loud Voice, Go To A Safe Place, Find Someone To Play With). If behaviour is **REPEATED** you need to report it.

Report it to: A school adult, the Front Office, your family.

How to report it: Tell a school adult what is happening and say who are the people involved.

When to report: Straight Away; or report something as bullying after it has happened more than once.

Phone support: NetAlert Helpline - 1800880176

Kids Help Line - 1800551100



IF SOMEONE BULLIES YOU

**THINK SMART
NO BULLYING IN THIS SCHOOL**

- WALK AWAY
- TELL AN ADULT WHO CAN HELP
- SAY 'STOP IT' IN A LOUD VOICE
- GO TO A SAFE PLACE
- FIND SOMEONE TO PLAY WITH

