

PROMOTING A SAFE SCHOOL



The most important thing to remember is that reporting abuse is not 'dobbing'. To ignore bullying or harassment is to condone it. Nobody deserves to be bullied or harassed.

What is bullying?

Bullying is when individuals or groups persistently behave in ways, which cause another person to feel hurt, physically or non-physically. Bullying behaviours include:

<p>Physical: hitting, kicking, punching, pushing, tripping, spitting, throwing objects, sexual abuse, hiding, damaging or destroying property belonging to someone else, making someone give money, food or other property against their will.</p>	<p>Non-physical: threats, name-calling, making offensive comments, teasing, given put-downs, spreading rumours, alienation, rude gestures</p>
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Bullying and/or harassment are unacceptable and may lead to suspension, exclusion or possibly litigation for the perpetrator of the abuse.

What should a student do if they are being bullied or harassed?

1. **Report it.** Remember that the bullying or harassment will continue if those responsible think they can get away with their behaviour.
2. **Try not to show that they are upset.** Bullies feel a level of satisfaction if they succeed in unsettling and upsetting the target of their abuse.
3. **Try to be assertive.** Look and sound confident.
4. **Walk quickly and confidently away,** even if they don't feel that way inside, appearing confident is helpful.
5. Reassure them that they are okay, and that those students who are name calling and teasing are the ones with a problem.
6. **Talk to a friend.** Sharing and gaining support helps.
7. **Avoid 'risk' situations** where possible, stay close to adults and friends.
8. **Reflect on their own behaviour.** e.g. have they also been name calling, annoying, threatening, and big-noting themselves, etc?
9. **If bullying or harassment continues** after reporting it, the student and/or parent must report it again. Talk to appropriate staff. All students have the right to be heard.
10. **Individuality and diversity are to be valued.** Tolerance and acceptance are expectations of all members of the school community.
11. **Talk to someone who can help** a student to improve personal relationship skills and develop self confidence and emotional resiliency, which can be useful in handling potential bullying situations.

Who can you speak to at Everton Park High:

Principal	Class Teachers
Deputy Principal	Guidance Counsellor
Year Level Head of Department	School Nurse
Year Level Coordinators	School Chaplain
Home Group Teachers	Sexual Harassment Officer
Year 11/ 12 Buddies	

N.B. Refer to the **Responsible Behaviour Plan for Students** for further details of consequences for student behaviour that results in bullying or verbal and/or physical harassment of other members of the school community.