

## What is Bullying and Cyber Bullying and harassment?

Bullying can have a significant negative impact on young people including poor health, anxiety, depression, low self-esteem, reduced academic performance, and social withdrawal.

Bullying is when someone or a group of people with more power at the time, deliberately and repeatedly upset or hurt another person, their property, reputation or social acceptance.

Bullying can be direct such as hitting, kicking, name calling or verbal abuse. It can also be indirect such as lying and spreading rumors or playing nasty jokes to embarrass or humiliate. Cyber bullying is also indirect and is the use of the internet to bully via social media, messenger, chat, or gaming.

Harassment is any verbal, physical or sexual conduct (including gestures) which is uninvited, unwelcome or offensive to a person.

Bullying **is not** mutual conflict or disagreements, disliking someone, a single episode of nastiness or meanness or random acts of aggression.

## Preventative strategies at Sturt Street include:

- Explicit teaching of our school values, Excellence, Respect, Diversity and Integration.
- Explicit teaching of the mandated Child Protection Curriculum.
- Explicit teaching of behaviour education and social skills development through co-operative games using 'Play is the Way'
- Buddy Class program
- Student Voice through class meetings and student representative council.
- School Ambassadors and year 7 leaders
- Restorative practices are taught and used when problems occur.

## Where else can you get help?

- Kids helpline—free call 1800 55 1800
- [www.headroom.net.au](http://www.headroom.net.au)
- [www.kids.cyh.com](http://www.kids.cyh.com)
- [www.bullyingnoway.com.au](http://www.bullyingnoway.com.au)
- [www.cybersmart.gov.au](http://www.cybersmart.gov.au)

## Sturt Street Community School Anti Bullying Code



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



# STURT STREET COMMUNITY SCHOOL

Respect Integration Diversity Excellence

Principal :Darrin Briggs

## Steps to take to stop bullying and harassment:

### 1. PROBLEM SOLVE

Try to solve it yourself. Step up, tell them to stop it or use an I statement e.g. 'I don't like it when you...' and walk away confidently.

### 2. Get Support

Solve it with a friend or a School Ambassador or year 7 leader. Ask for ideas and support to talk to the person/people.

### 3. Report

If the bullying still doesn't stop report it to a teacher, either your class teacher or a teacher on yard duty. At this stage your parents or caregivers may be involved to help solve the problem.

## What Teachers and leaders will do:

- Apply the behavior code responses to inappropriate behavior.
- Facilitate restorative practices as appropriate.
- Listen to and address concerns of students and parents.

## What Parents can do:

1. Encourage your child to try and solve the problem themselves.
2. If this has not worked encourage your child to speak with a teacher.
3. If the problem is still not resolved make a time to speak with your child's teacher.

**The whole school community must understand and use the grievance procedures**

## Don't be a bystander

Bystanders can stop bullying and harassment. If you see someone being bullied or harassed, you must do something positive to help, such as tell the bully to stop, support the bullied person, tell a teacher or parent. If you do nothing, you are part of the problem.

**Sometimes people don't realise they are bullying, and may have been bullied themselves. Everyone needs to be supported and treated with respect to put an end to bullying.**

*Our school is committed to providing a safe and caring environment and culture which enables positive relationships to be formed amongst all students and staff which encourages self esteem, co-operation, personal growth and a positive attitude to teaching and learning.*

***Bullying and harassment in any of its forms will not be tolerated at Sturt Street Community School.***