

## How parents can support the policy

- Listen and report accounts of bullying to staff and do not approach any students directly.
- Work with the school to seek permanent change.



At Park Banksia School R-7 we believe that :

- Bullying is the systematic abuse of power.
- Bullying is not simply about difference. It may occur because of people's inability to accept and value difference.
- Bullying includes racist or sexual harassment or any other form of discriminatory behaviour.
- Bullying is **everyone's** business.
- Bullying *can* involve violence.



## Need more information ?

The following telephone numbers and internet web sites can provide support and useful information about bullying and harassment.

- DECD Parent Helpline: 1800 222 696
- Kids Helpline: 1800 551 800
- Child and Youth Parent Helpline 1300 364 100



[www.bullyingnoway.com.au](http://www.bullyingnoway.com.au)



[www.antibully.net](http://www.antibully.net)

If you would like further information about Bullying please contact us.

Banksia Park School R-7  
1-5 Cottenham Road  
Banksia Park SA 5091  
Telephone (08) 82642114  
Fax (08) 82645384  
Website: [www.banksiar7.sa.edu.au](http://www.banksiar7.sa.edu.au)  
E-mail [dl.1015\\_info@schools.sa.edu.au](mailto:dl.1015_info@schools.sa.edu.au)  
Principal: Jackie Knox



Government of South Australia  
Department for Education and  
Child Development

# Anti-Bullying Policy

At Banksia Park School R-7 we want all students to feel safe.

Therefore we take bullying seriously.  
This policy explains what bullying is, how you can report it and what we will do to stop it happening.



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(Reviewed

## What is Bullying?

Bullying is deliberate, hurtful gestures, words, messages or actions which are repeated over time and/or are a result of an abuse of power.

### Examples of Bullying are:

#### Physical

Hitting, punching, tripping, pushing, hair-pulling.

#### Verbal

Put downs and name calling, sarcasm, spreading rumours, persistent teasing, threats and intimidation, extortion.

#### Racial

Racial taunts, remarks and gestures.

#### Sexual

Unwanted physical contact or abusive comments.

#### Emotional/Exclusion

Being deliberately left out of a group or activity, exclusion, tormenting (eg hiding a book, school bag or hat etc), ridicule, humiliation. Not allowed to join in with others.

#### Cyber Bullying

Unwanted obscene or threatening emails, text messages or phone calls including Social Media.

#### Lies or Rumours

Lies or unfair stories told about students to isolate them or get them in trouble.

### How can I Tell if my Child is Being Bullied?

Children who are being bullied at school may not always tell teachers about it. They may be afraid to tell, thinking that it may make the situation worse. This is why, as a parent or caregiver, you have an important part to play in helping your child and the school deal with bullying.

Signs that a child is being bullied may include:

- ◆ Refusal to go to school and finding excuses not to go (eg pretending to be sick)
- ◆ Unexplained cuts, bruises or scratches
- ◆ Illnesses without any possible cause
- ◆ Unexplained change of mood, tension or emotional distress (crying, acting out, periods of sadness)
- ◆ Damaged or missing clothing/possessions.

### What Can You Do About Bullying?

If you are bullied or you know someone who is being bullied **please report it.**

#### Don't be a bystander, Get involved!

- ◆ Tell the student who is bullying to stop. State quite clearly that the behaviour is unwelcome and offensive.
- ◆ Ignore them and walk away whilst seeking help.
- ◆ Do not retaliate with physical or verbal abuse.

#### Who to Report It To

Tell your teacher, the school counsellor, the principal or a trusted adult. Make sure you tell your parents or caregivers too.

#### How to Report It

Tell the trusted adult where the bullying happened, how often it has happened and what you have done to try to stop it happening.

#### When to Report It

Report the bullying to a trusted adult as soon as it happens. **Do not ignore it.** When bullying is ignored it may get worse.

### What We Do About Incidents of Bullying

- We will listen and talk to the person who has been bullied and the person who has bullied others.
- We will put negotiated consequences in place for the person who has been bullying others. These may include Time Out, Restricted Play, Take Home or Suspension.
- We will use a process such as the 'Method of Shared Concern' to help everyone involved to improve their relationships with each other.
- It is important to note that these steps may change. At Banksia Park School R-7 we do not use a 'one size fits all' approach. This is because each person is different and each incident of bullying is different.

## What We Do at Banksia Park School R-7 to Reduce Bullying!

If an incident of bullying happens at Banksia Park School R-7 we use prevention, intervention and post-intervention strategies.

### **Prevention strategies include:**

- Using the curriculum to teach students about respectful relationships, responsibility and honesty.
- Developing programs to help students participate and have a say in their learning.
- Supporting the Peer Mediation program.
- Having programs that highlight social skills, language expression, non-violent problem solving and give students skills in emotional intelligence, emotional regulation and aggression management. (eg Program Achieve).
- Developing peer connectedness and resilience among students.
- Teaching for and about diversity
- Providing professional learning for staff.

### **Intervention strategies include:**

- Counselling students who have been bullied.
- Talking with parents/carers about the situation.
- Putting consequences in place for those who bully others.
- Teaching students to better bystanders.
- Ensuring that all staff know how to address bullying effectively and respectfully.

### **Post-intervention strategies include:**

- Monitoring the situation between the students to ensure that their safety and wellbeing are maintained eg. Bullying audits.
- Talking with parents/carers about strategies.
- Reviewing our yard duty procedures to make sure they are effective.
- Reviewing and evaluating behaviour codes and policies.