



**Ormiston State School
Bullying Policy
Revised 2013
(Appendix 3 to the OSS RBPS)**

In order to build and maintain a supportive environment that fosters our 'Learn As We Grow' motto, bullying is not tolerated in our school community.

What is bullying?

Bullying is the conscious and on-going desire to hurt, threaten or frighten others. It may take many forms and The *National Centre Against Bullying* has identified five types of bullying:

- **Physical bullying:** The use of physical actions to bully, such as hitting, poking, tripping or pushing. Repeatedly and intentionally damaging someone's belongings is also physical bullying.
- **Verbal bullying:** Repeated or systematic name calling, insults and verbal abuse.
- **Social (covert) bullying:** Indirect actions, such as lying about someone, spreading rumours, playing a nasty joke that make the person feel humiliated or powerless, mimicking or deliberately excluding someone.
- **Psychological bullying:** For example, threatening, manipulating or stalking someone.
- **Cyber bullying:** This is a method of bullying using technology, such as email, mobile phones, chat rooms and social networking sites to bully verbally, socially or psychologically.

The students at Ormiston State School are also taught strategies to solve problems and manage issues, including the Hi-5 strategy:

1. **Ignore**
2. **Move away**
3. **Say "Stop! I don't like what you are doing"**
4. **Stop! Say "I told you I don't like that and if you don't stop I will report you"**
5. **Tell a teacher immediately.**

Parents can work together with the school by speaking to your children using the TOPS Framework (Teamwork, Ownership, Participation, Sensitivity) when reflecting about the activities of the school day and activities at home. It is important for children to see the connection between school and home. Children need to practice how to manage a range of situations. Parents can work together with the School assisting their child to practice what to say and do using the Hi-5 strategy.



It is important that positive, open lines of communication are maintained between school and home in order to achieve productive outcomes. Parents are encouraged to contact Teachers or Administration with any issues of concern.

What can I do if my child is being bullied?

It is natural for parents and siblings to feel very upset when a child is affected by school bullying. Parents may feel anger, fear, confusion, frustration, embarrassment and powerlessness however it is important for parents to remain positive and focussed on trying to find a solution.

The way children relate to each other is complex and the bullying situation can change regularly or unexpectedly. Here at Ormiston State School we recommend parents use the following general strategies to support their child in issues of bullying:

- **Talk to your child in a calm and supportive manner**, focussing on finding a solution to the problem. Discuss with your child some immediate strategies to deal with the bullying.

- **Up-skilling your child** on how to use words or actions in a variety of situations and most importantly practicing these by setting up an imaginary situations-
 - pretending not to be bothered or frightened by teasing or bullying,
 - making a quick retort or response to surprise or disarm the other child,
 - using a humorous response,
 - Use the Hi-5 strategy.
- **Do not advise your child to fight** with the other child as this can only escalate the situation, and your child may be reprimanded for their involvement in a fight.
- If your child is being bullied through electronic media, you can **manage/limit the access to technology**. It is important to monitor your child's use of media, especially with social networking sites, ensuring that they use these sites in a supervised capacity and within legal boundaries.
- **Work with school staff** by-
 - gathering information about the bullying,
 - contacting or meeting with school staff, stay calm and discuss the situation,
 - come to an agreement on a plan of action to deal with the bullying,
 - keep the lines of communication open and regular,
 - encourage your child to try the agreed strategies at school and reinforcing them at home.

Adapted from 'Working Together: A toolkit for parents to address bullying'

What are the consequences for bullying?

The consequences will vary for each individual situation. Students should report any issues with other students to their classroom teacher or the teacher on playground duty. Where appropriate, the teacher will refer the matter to Administration for investigation. This could include out of school behaviour (including online) that affects the school's good order and management.

A range of consequences may be given to students involved, consistent with the school's Responsible Behaviour Plan for Students.

For more information on defining bullying, visit the following links to watch Dr Michael Carr-Gregg's 'Six Quick Tips for Parents about Bullying'.

What is Bullying-http://www.youtube.com/watch?v=b597hE4k_ic

What are the Signs of Bullying-<http://www.youtube.com/watch?v=PFKK2awComI>

How to Support your Child if bullied-http://www.youtube.com/watch?v=BDfjMHIS_9A

How can You Work with the School- <http://www.youtube.com/watch?v=6hbwDQmvi8A>

What if your child is the Bully- <http://www.youtube.com/watch?v=iSZBLOBrehU>

What is Cyberbullying? <http://www.youtube.com/watch?v=rcYK7A2JS1s>

Parents can access further information about bullying and how to support their child at the following websites:

Bullying. No Way!- <http://www.bullyingnoway.com.au/>

National Centre Against Bullying- <http://www.ncab.org.au/>

Kids Helpline- <http://www.kidshelp.com.au/>

CyberSmart- <http://www.cybersmart.gov.au/>