



ORMISTON STATE SCHOOL

Additional information to support parents and students to combat bullying



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 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 the access to technology.
- 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.

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



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For more information on defining bullying, watch Dr Michael Carr-Gregg's ['Six Quick Tips for Parents about Bullying'](#).



1. [What is Bullying?](#)
2. [What are the signs of Bullying?](#)
3. [How to support your child if bullied](#)
4. [How can you work with the School](#)
5. [What if your child is the Bully?](#)
6. [What is Cyberbullying?](#)



Cybersafety help button

The [Cybersafety help button](#) is an Australian Government initiative, supported by the Department of Education, Training and Employment, designed to keep children and families safe online. It is an online resource hub that provides instant 24 hour access to cybersafety help and information.



Information for parents

Information and resources about [cybersafety for parents](#), links to fact sheets, videos, tips for safety and tools for online security.



Information for students

[Information for children and young people](#) about where to go for help and support, tips for safety, and games and activities to learn about cybersafety.



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