

WHAT DOES BULLY -FREE SCHOOL ENVIRONMENT LOOK LIKE?

- Students cooperate and include others in activities
- Students help each other by showing respect
- Students feel safe to learn in an environment where it's OK to take risks
- Students trust their friends to display honesty at all times
- Everyone's values and opinions are respected, valued and listened to

WHAT ARE WE DOING AT KEITHCOT FARM TO MINIMISE BULLYING AND ITS EFFECTS?

PREVENTION:

- Using the *Play is the Way* social skills programme to teach students about problem solving, promoting positive relationships and respecting diversity and difference in others.
- Regularly revisiting our Anti-bullying Policy
- Organising Cyber-bullying sessions for older students.
- Teaching our own school values

INTERVENTION:

- Counselling students who have been bullied
- Putting consequences in place for those who bully others
- Teaching students pro-active strategies for students.
- Ensuring all staff know how to address bullying effectively

POST PREVENTION STRATEGIES INCLUDE:

- Talking with parents and caregivers about strategies
- Ongoing monitoring of situations to ensure the student's wellbeing is maintained

OTHER USEFUL RESOURCES



Kids Help Line

<http://www.kidshelp.com.au>

1800 55 1800

24 hour telephone and online counselling for children and young people in Australia



Bullying. No way! - Website

<http://www.bullyingnoway.com.au>

A website created by Australia's educational communities



<http://www.keithcotps.sa.edu.au>

Keithcot Farm School

Links to school handbook and other policies

If you have any questions, please phone the school on 08 8289 1133

Email: dl.1847_info@schools.sa.edu.au



Keithcot Farm
School

"Linking learning to life"

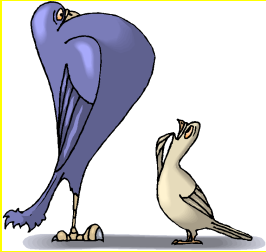
ANTI-BULLYING POLICY

At Keithcot Farm School.....

- Everyone has the right to feel safe
- Everyone has the right to be treated with respect by others
- **We take bullying seriously**

(Reviewed on 19th March 2018)

WHAT IS BULLYING AND HARASSMENT ?



Bullying and harassment are acts or behaviours that are **deliberate** and directed against individuals or groups of people.

Bullying is repeated behaviour that can occur for some time unless action is taken to stop it. Bullying and harassment can make people feel...

- Scared
- Worried
- Angry/annoyed
- Ashamed
- Sad/put down

REMEMBER....!

If bullying and harassment occurs to you or others.....

REPORT IT!

KEEP ON REPORTING IT UNTIL YOU FEEL SAFE!

KINDS OF BULLYING AND HARASSMENT

These are examples of ways in which people can be bullied or harassed...

Physical bullying and harassment: Is hurting or touching someone else. It might be hitting, punching, pushing, biting, kicking, spitting, pinching or scratching.

Verbal bullying and harassment: Is hurting someone with words. It might be name calling, teasing, put downs or threats made towards you or your family or friends. It may be said to you or someone else about you. *Laughing at victims or being a willing bystander when bullying occurs , is also a form of bullying.*

Non-verbal bullying and harassment: Is rude gestures and looks.

Cyber bullying and harassment: Is using technology inappropriately to hurt people (e.g. mobile S.M.S., internet, e-mails, social media, Facebook, Snap Chat, Kik etc.)

Intellectual bullying and harassment: Is when someone gives you a hard time because you may be good at your work, or that you may find work difficult.

Sexual harassment and bullying: Is teasing about being a boy or girl. It might be:

- Teasing and calling you names, rude signs or comments
- Graffiti or jokes

Sexual Orientation: Refers to a person's attraction to another person.

Gender Identity: Refers to a person's internal sense of self, of being masculine or feminine, or both or neither.

Racial and/or Religious bullying and harassment: Is teasing someone about or putting down a person belonging to a certain race, religion or culture it might be:

- Teasing someone because they have different skin colour, eye shape, clothes, language, food etc.

BULLYING-WHAT CAN YOU DO ?

If it happens in person:

- Ignore them
- Tell them to stop and walk away
- Pretend you don't care
- go somewhere safe
- Get support from your friends

If it happens online:

- Avoid responding to the bullying
- Block and report anyone who is bullying online
- Protect yourself online—use privacy settings.
- Don't join in negative online conversations.

If you see someone being bullied

- Support others being bullied.

If it doesn't stop

- Talk to an adult (teacher, parent) who can help stop the bullying.
- Keep asking for support until the bullying stops.