

## 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
- Our international student visitors are highly regarded and commended for their valuable contribution to our school

## 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.
- Talking about our own school values and teaching students the importance of these

### INTERVENTION:

- Counselling students who have been bullied
- Putting consequences in place for those who bully others
- Teaching students pro-active strategies for being better 'bystanders' if they see bullying occurring.
- Ensuring all staff know how to address bullying effectively

### POST PREVENTION STRATEGIES INCLUDE:

- Talking with parents and caregivers around 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](mailto:dl.1847_info@schools.sa.edu.au)



Keithcot Farm  
School

*"Linking learning to life"*

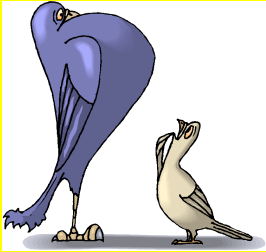
## ANTI-BULLYING POLICY

Updated 18/5/15—SLE Team

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**

## WHAT IS BULLYING AND HARASSMENT ?



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

Bullying can develop into a pattern of 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!**

(Refer to Keithcot Farm's student grievance procedures about how to do this)

## 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
- Putting someone down because he/she is boy or girl— eg. Saying. "He likes you" or "She is your girlfriend" etc.
- Unwanted touching

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.

## KEITHCOT FARM PRIMARY SCHOOL GRIEVANCE PROCEDURES

### WHAT CAN YOU DO ? WHERE CAN YOU GO IF YOU ARE BULLIED AT SCHOOL ?

- Try to solve it yourself first e.g. ignore them, walk away, tell them to stop it, use an 'I' statement for example "I don't like it when you laugh at me."

**If that doesn't work PERSIST**

- Try to solve it with the help of a friend. Talk to friends for ideas or support. Ask a friend to come with you to speak to the person. Raise it at a class meeting

**If that doesn't work PERSIST**

- Tell your teacher, another staff member, the Principal or Assistant Principals. Tell your parents or caregivers too.

**If that doesn't work PERSIST**

### SOME PROBLEMS MAY NEED AN ADULT'S HELP IMMEDIATELY

- **If you are bullied or you know someone who is being bullied, it is your responsibility to report it.**
- **If you don't tell someone and report bullying, people may think that everything is o.k.**