



WHAT ARE THE SIGNS THAT MY CHILD MAY BE BEING BULLIED?

Signs of distress that could be caused by bullying:

- * Unwillingness to attend school.
- * A pattern of illness (e.g. sick on school mornings).
- * A decline in the quality of school work.
- * Becoming withdrawn and lacking confidence.
- * Crying at night, having nightmares, lack of sleep.
- * Having unexplained bruises, cuts or scratches.
- * Beginning to bully other children or siblings.
- * Becoming aggressive or unreasonable.
- * Asking for money or starting to steal.
- * An uncharacteristic

WHAT IS BULLYING?

Bullying is the **repeated intimidation** by a person or group, over another person or group who are **unable to stop** the situation. Bullying incidents are unprovoked and can be physical, verbal, social or psychological in nature.

Bullying can occur in person or through the use of technologies.

Exclusion



Being ignored, left out on purpose, or not being allowed to join in.

Physical



Being hit, kicked, tripped, punched or pushed around.

When belongings are removed, damaged or hidden.



Bullying is when things happen again and again to someone.

Verbal Abuse and Teasing

Being made fun of and teased in a mean and hurtful way. Includes name calling, prejudiced comments and being sworn at.

Lies or Rumours

Having lies or nasty stories told about you to make other people not like you.



Threats

Being made afraid of getting hurt.

Being forced to do something wrong. When someone demands your money or your possessions.



A PROACTIVE AND PREVENTATIVE APPROACH.

Aubin Grove Primary School prides itself on its positive school culture and community spirit which is continually being monitored and developed to ensure a safe and happy school environment where everyone feels valued.

Some examples of how AGPS is proactive include:

- The FISH philosophy which underpins

all that Aubin Grove Primary School does including the three key principles of:

1. Being there
2. Making their day
3. Choose your attitude

- Values education which spans all year levels, learning areas, events and all aspects of school life.
- Aubin Grove Primary School's vision, staff handbooks and business plans reflect a caring, safe, community environment.
- Regular parent and student surveys.



WHAT CAN WE DO?

incidences.

WHAT CAN I DO AS A PARENT?

- Before reacting with emotion, listen calmly and try to work out all of the facts to respond appropriately.
- *Commend your child for sharing their concerns. Tell them that this is not dobbing and you are proud they told you.*
- Discourage planned retaliation, either physical or verbal.
- *Depending on the severity of the case, you can build resilience and encourage assertiveness empowering your child to use positive strategies mentioned in the, "What Can My Child Do?" section of this booklet.*
- Do not deal directly with the other children or their parents but work through and with the school. Contact the school and make an appointment with your child's teacher first.
- If you are not happy with the teacher's response or feel the situation requires it, contact Admin.
- *Continue to strengthen your child's self esteem and self worth by helping them to sometimes be able to "shrug off" minor*

Remember, you are not alone.

WHAT CAN MY CHILD DO?

Depending on the severity of the bullying, empower your child to solve the issue independently building resiliency, self confidence and teaching assertiveness.

Some response options include:

- *Don't put up with it. Tell them to stop!*
- *Shrug it off. Don't react. Sometimes it's appropriate to just ignore it and walk away with your head held high.*
- Assertively place up your hand in a stop/high five position and say, "Stop, I don't like it."
- Use a strong, confident voice, be assertive and don't use a "put down".
- *Avoid the person who is harassing you.*
- Stay away from places where you might be bullied.
- *Don't show you are scared even if you might be.*
- Avoid swapping insults.
- *Tell someone you trust: a teacher, friend or parent. THIS IS NOT DOBBING!*

WHAT IF MY CHILD IS BULLYING OTHERS?

All children are capable of bullying others. It is normal for parents to feel shocked, embarrassed and even doubtful if they find their child has been bullying others.

To help discourage children from bullying others, parents can:

- * Talk about bullying behaviour and why they may want to bully someone.
- * Help your child be aware of the effects that bullying has on others.
- * Be alert and discourage bullying behaviour at home.
- * Encourage and provide opportunities for children to openly discuss any issues or concerns with you.
- * Teach your children what is appropriate behaviour and how you expect them to treat others.
- * Does your child know what bullying is and do they realise that their behaviour is actually "bullying"?



THE POWER OF THE BYSTANDER

Bystanders are those students who witness bullying. They have much more power to stop bullying behaviour than they think.

Talk to your child about what it is to be a bystander and how they can help those being bullied. If they do nothing, then the bystander is encouraging and supporting the bully. In some cases they are bullying by not responding themselves.

If your child witnesses someone being bullied, we hope they care enough to want to help. A bystander can:

- * Offer friendship and support to the person being bullied. Encourage them to get help from an adult, family or counselor; or
- * If possible, intervene while the bullying is happening by saying, "Leave him/her alone!", "Cut it out!", "Hey, that's not fair," or "Stop bullying! They don't like it."
- * Report the incident.

USEFUL WEBSITES

WHAT WILL THE SCHOOL DO?

Aubin Grove Primary School does not tolerate or condone bullying behaviour. All staff at Aubin Grove Primary School genuinely care about the students and take every incident seriously.

"We want to know."

If bullying occurs, staff will:

- Listen and respond with empathy.
- Manage the situation using a "shared concern" approach.
- Hear both parties explain the situation and counsel where necessary.
- Record incidents of bullying.
- Inform Administration of the incident.
- Contact parents of the child being bullied and the child who is bullying.
- Apply consequences to students who bully others ranging from reprimand, detention and suspension. This will depend on the severity of the incident.
- Staff will work to develop the social skills of the child who is bullying as well as look into why they are bullying in the first place.
- The child who is bullied will be congratulated for their courage to speak up.
- Depending on individual circumstances, staff may negotiate a way to solve the bullying problem with the child being bullied. (For example, some victims may want the teacher to confront the bully, while others may require a bully/victim conference).
- Where appropriate and with parent permission, apply a "restorative practice" approach between the students involved.
- Teachers will follow up on the child being bullied several times to ensure the bullying hasn't continued and to monitor their emotional health.
- The school chaplain can provide counseling advice and follow up support.



Aubin Grove Primary School
Corner Camden Boulevard
and Lyon Road
AUBIN GROVE WA 6164
9499 4009
www.aubingroveps.wa.edu.au

DEALING WITH BULLYING

Working together in partnership.

OUR VISION AND PURPOSE

We have a clear, shared vision for Aubin Grove Primary School in which all students, staff and families exhibit and are committed to our four ideals of Learn, Enjoy, Aspire and Focus. Our purpose is to ensure that every student is a successful student.



Learn ~ Enjoy ~ Aspire ~ Focus