To reduce bullying behaviours at Forbes Primary School, we use prevention, intervention and post-intervention strategies.

Prevention strategies include:
- Teaching and modelling of the school ‘Values’.
- Adopting positive classroom and schoolyard management strategies with friendly behaviours embedded in student responsibilities.
- Using programs e.g. ‘Child Protection Curriculum’, ‘Bounce Back’, to teach students about protective behaviours, resilience, respectful relationships, friendship, violence prevention, conflict resolution and anger management.
- Teaching students the value of diversity with whole school celebrations e.g. Harmony Day, Reconciliation Week.
- Providing professional learning for staff.
- Developing programs to help students participate and have a say in their learning.
- Implementing and reviewing policies which promote student safety.

Intervention strategies include:
- Teaching the ‘Stop, Think, Talk’ strategy.
- Counselling students who have been bullied and those responsible.
- Talking with parents or caregivers about the situation.
- Putting consequences in place for those who bully others.
- Teaching students to be responsible bystanders.
- Ensuring that all staff know how to address bullying effectively and respectfully.

Post-intervention strategies include:
- Monitoring the situation between the students to ensure that their safety and wellbeing are maintained.
- Talking with parents or caregivers about strategies.
- Reviewing yard duty procedures to ensure they are effective.
- Dealing with ‘hotspots’ in the yard.
- Reviewing and evaluating behaviour codes and policies.

‘All Australian schools are safe, supportive environments’

Vision Statement

National Safe Schools Framework

For further information on practices promoting safety and wellbeing for our community, please contact the school.

Phone: 08 82934343
Email: info@forbesps.sa.edu.au

Policy Review Date: ……………………………..
What are Bullying Behaviours?

Bullying involves:
- Deliberate, hurtful gestures, words or actions which are repeated over time by individuals or groups.
- Behaviours which cause a person or persons to feel embarrassed, offended, hurt, humiliated, insulted, ridiculed, angry or afraid.
- One or more students exerting inappropriate power over another or others.

Examples of Bullying are:

**Physical Bullying**
- Hitting, kicking, poking.
- Any form of deliberate, unwelcome physical contact.

**Verbal Bullying**
- Name calling, using offensive language, verbal teasing, aggressive shouting.
- Swearing at another person.
- Spreading rumours.
- Sharing personal information about someone without their permission.

**Emotional / Social / Cyber Bullying**
- Excluding people from groups or games.
- Threatening gestures.
- Ganging up on a student.
- Racial / sexual harassment.
- Hurting communication through SMS messages, emails, chatrooms, social networking websites etc.

What Can Students Do About Bullying?

1. **Prevent Bullying**
   - Respect yourselves and others.
   - Be assertive.
   - Learn to tolerate and accept individual differences.

2. **Use the ‘Stop, Think, Talk’ strategy if being bullied.**
   - **Stop – What is happening to me?**
     - How do I feel?
     - Am I feeling really uncomfortable or upset?
     - Is this a bullying situation?
     - Am I in danger?
   - **Think – What can I do?**
     - Can I handle this situation by myself by asking the bully to stop and walking away?
     - Do I need to ask for help?
     - Do I need to report this incident?
   - **Talk – Who can I talk to?**
     - Who is the best person to talk to? (Teacher, Counsellor, Deputy, Principal, Parents, Carers?)
     - What do I want this person to do for me?
     - How could I talk about it? (Discussion with a staff member, anonymous report?)

3. **Be a Responsible Bystander.**
   - If you witness bullying behaviour:
     - **Do**
       - Care enough to report it to a teacher!
       - Give accurate information about the situation!
     - **Don’t**
       - Protect the bully by remaining silent!
       - Watch and encourage the bully by showing amusement!

What Will Staff Do About Incidents of Bullying?

The staff at Forbes Primary will:
- Listen and talk to the person who has been bullied and the person who has bullied others. Teachers will ask senior staff to follow up incidents.
- Put appropriate, negotiated consequences in place relevant for the perpetrator/s and the situation. These may include time out or removal of privileges and in extreme cases, suspension or exclusion from school.
- Use an appropriate counselling process to help everyone involved repair and improve their relationships with each other and to feel a sense of justice.

What Can Parents Do About Bullying?

As a parent you can:
- Talk with your child every day about what has happened at school.
- Encourage your child to be tolerant, caring, resolve conflict without aggression and to report all incidents of bullying.
- Encourage your child to be assertive and involve them in activities to build their confidence / self esteem e.g. sports, art music, self defence etc.
- Be an advocate for all students by reporting incidents which threaten their safety and wellbeing.
- Allow staff to address issues – do not talk to or confront other children about ‘bullying’.
- Monitor your child’s use of the Internet and find out about ‘on line safety’ through: www.cybersmart.gov.au