

What is bullying?

- Intentional, repeated behaviour by an individual or group of individuals that causes hurt, distress or undue pressure.
- Bullying involves the abuse of power in relationships. Bullying can involve all forms of harassment including gender, race, humiliation, exclusion and intimidation of others.

Types of bullying behaviour

Direct Physical Bullying: hits, trips, pushes, damages property, physically threatens, gives intimidating looks, steals property, touching

Direct Verbal Bullying: calls names, insults, verbally abuses name, family, religion, disability, or other individual characteristic of "target," laughs at, put downs, threatens, joking and innuendo.

Indirect Bullying (harms someone's social reputation and/or causes humiliation): lies and spreads rumours, plays nasty jokes to embarrass and humiliate, mimics, deliberately leaves "target" out of activities, encourages others to socially exclude someone, damages someone's social reputation and social acceptance.

Cyberbullying: online fights using electronic messages with angry or vulgar messages, repeatedly sending mean or nasty messages, sharing someone's secrets, intentionally excluding, threats, hacking into files or passwords.

At what age do children bully?

- Bullying begins in early childhood when students begin to assert themselves physically. As students get older, verbal and indirect forms of bullying become more common.

Why do students bully?

- To feel powerful or look cool
- To seek revenge for a perceived act of unfairness or hostility
- To gain acceptance from or access to a desired group
- To get what they want
- To strengthen self identity

How do bullies select a target?

- The essential quality that any bully looks for in a target is not difference but vulnerability - some indication that the bully can abuse the child without retaliation.

Peers and bullying

- In a majority of cases (85%) peers are present and serve to instigate, maintain or exacerbate the bullying.
- Students can also support bullying passively by ignoring it, not intervening, remaining friends with the bully or talking to others, being a look-out or providing verbal encouragement.

The Impact of bullying

- Repeated exposure to being bullied often undermines the health and wellbeing of vulnerable students leading to anxiety and depression.

What can parents do if your child is being bullied?

- Contact the school and arrange a time to discuss the matter with the class teacher
- Be calm and positive
- Ask your child to explain what has happened
- Be empathetic
- Explain that it is not their fault
- Explain the importance of not tolerating bullying
- Ensure your child continues to come to school
- Encourage your child to report every incident of bullying at school.

What can parents do if your child is a bully?

- Contact the school and arrange a time to discuss the matter with the class teacher
- Be calm and positive
- Do not blame the child or yourself
- Encourage your child to talk about the incident
- Ensure your child continues to come to school

How do teachers respond to targets of bullying?

- Remain calm
- Be empathetic, positive and supportive
- Investigate the incident thoroughly
- Document the incident
- Ensure follow up
- Monitor progress

How do teachers respond to incidents of bullying?

- Follow the school's welfare policy
- Investigate the incident
- Document the incident
- Explain that bullying will not be tolerated
- Communicate high expectations for behaviour
- Refer the incident to the Principal and Assistant Principal
- Monitor the student
- Promote positive relationships



How does BPS prevent bullying?

- Teach all students the You Can Do It! Program
- Provide clear rules and expectations
- Provide quality supervision
- Model clear rules and expectations
- Monitor all student behaviour

The Balwyn Primary school community aims to ensure that all students are able to learn and play in a safe and secure environment by being positive, proactive and consistent in our approach to bullying.

Bullying will not be tolerated at our school

Our 5 keys to success

Confidence

Organisation

Resilience

Persistence

Getting along

Acknowledgements

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Bullying Information Brochure

