

You can control what happens by following the plan below:

If you are being bullied or harassed at school...

- take a deep breathe
- look directly into the eyes of the person attempting to bully you
- **STEP 1:** Say, "Please stop doing that! I don't like what you are doing!"
- **STEP 2:** Say, "If you don't leave me alone, I will tell a teacher."
- **STEP 3:** Go directly to a teacher and say, "I have done the bullying steps and I would like you to help me, please."

Any further incidents of bullying or threatening behaviour by the same person may result in him/her...

- sitting in the time-out area in the playground or classroom
- being on detention to reflect on and to acknowledge their poor behaviour
- having parents contacted by the school and informed of the bullying behaviour
- being referred to the Learning Support Team/Principal

If you witness bullying behaviour always challenge/report it.

When students, parents and staff work together we create a safe and caring environment.

Students! You can control what happens by...

- following the plan
- not retaliating physically or verbally
- report to an older person

Parents! You can control what happens by...

- watching for signs of distress in your child
- listening to your child
- giving assurance and support
- recommending your child follows the plan
- advising your child to tell a staff member
- informing your child's class teacher of suspected bullying
- attending interviews at school

Early intervention is best

Staff! You can:

- be role models in words and actions
- ensure that students feel
 - safe and valued in the classroom
 - they are being listened to
- be observant of signs of distress or suspected incidents of bullying
- encourage students to ask for help when needed
- report bullying through school processes

**Remember...it's up to you!
Take control of the situation**



Heights of Excellence

**Feeling Safe and Valued
at
FIGTREE HEIGHTS
PUBLIC SCHOOL**

*Our school community
is committed to providing
a safe and secure
environment promoting
personal growth and
excellence by
developing confidence
and self esteem*

Bullying

Bullying can be defined as intentional, repeated behaviour by an individual or group of individuals that causes distress, hurt or undue pressure.

For example, bullying occurs when a person is repeatedly...

- called names
- threatened
- put down
- teased in an unkind way
- ridiculed
- having property hidden, damaged, stolen or destroyed
- physically hurt
- having graffiti written about him or her
- left out
- sent hurtful notes
- sent hurtful electronic messages
- singled out for unfair treatment
- picked on
- having rumours spread about him or her
- stalked or given dirty looks

If someone is bullied he/she

- may be confused and not know what to do about it
- may feel sad, frightened, unsafe, sick, embarrassed, angry, unfairly treated
- can affect family and friends

POSSIBLE SIGNS AND SYMPTOMS OF BEING BULLIED

There is no particular pattern. A victim may...

- have unexplained cuts and bruises
- have equipment or personal items hidden, damaged, stolen or destroyed
- complain of vague headaches, stomach aches or feeling sick
- wet the bed, bite nails, have poor sleep patterns and bad dreams
- exhibit unusual emotional outbursts or mood swings
- withdraw from friends or family
- appear anxious, insecure, sad, teary, depressed, secretive
- have low self esteem
- display an unwillingness to go to school
- sit alone in class or be alone in the playground
- change friendship groups frequently
- come home hungry (because lunch money or food has been taken)
- want extra money without giving a reason
- show deterioration in school work
- avoid participating

At Figtree Heights Public School we support students through...

- encouraging students to employ strategies taught at school
- creating positive classroom environments
- consistently rewarding positive behaviour and effort
- classroom based Social Skills Programs
- the Child Protection Program
- the Drug Education Program
- the Life Education Program
- having Buddy Classes
- an active SRC
- regular class reminders
- developing positive student leadership roles
- active Learning Support Team
- programs for gifted and talented students
- an active P&C
- encouraging parent participation and communication