

What is Bullying?

Bullying is repeated verbal, physical, social or psychological behaviour that is harmful and involves the misuse of power by an individual or group towards one or more person. Conflict or fights between equals and single incidents are not defined as bullying.

Bullying of any form or for any reason can have long-term effects on those including bystanders.

Examples of bullying are:

- **Verbal:** name calling, making offensive remarks, taunting, teasing and put-downs, messages sent by phone, email or chat-lines.
- **Emotional:** spreading rumours, gossiping or embarrassing someone, excluding and threatening looks
- **Physical:** hitting, punching, pushing, pinching, tripping, slapping, kicking, strangling, spitting, getting other people to hurt someone else, throwing things at others or damaging property.
- **Social Bullying and sexual harassment:** racial harassment, not respecting personal space, teasing about boyfriend/girlfriend, unacceptable sexual comments, touching someone when they don't want to be touched.
- **Cyber-bullying:** bullying through information and communication technologies such as the Internet and mobile phones. eg Facebook, Twitter

Valuable Resources

www.bullyingnoway.com.au

DECD Parent Helpline:
1800 222 696

Kids Helpline:
1800 551 800

Child and Youth Parent Helpline:
1300 364 100

Department for Education and Child
Development:

www.decd.sa.gov.au/portal/community.asp

Leadership Team:

Bronwyn Milera: Principal

Angela Walkuski: Deputy Principal

Glenn Hart: Counsellor

Cecelia Wilson: ACEO

Kaurna Plains School

Ridley Road, Elizabeth, South Australia 5112

Tel: 8252 4419 info@kaurnaas.sa.edu.au

Fax: 8252 3482 www.kaurnaas.sa.edu.au



Government of South Australia

Department for Education and
Child Development

Kaurna Plains School R-12

KaurnaWamaPiipawardli



Cooperation | Organisation
Respect | Kindness | Acceptance

Anti-Bullying Policy

All programs at Kaurna Plains School are linked to our school values. We believe that the safety and wellbeing of students, staff and parents of our school community is vitally important. We take incidents of bullying very seriously.

**This policy explains what bullying is,
how you can report it and what
we will do about it.**



What can you do about bullying?

Use Positive strategies such as:

- Using a strong assertive voice when telling the person doing the bullying to stop and go away
- Don't react, just walk away with your head held high

Report bullying to a trusted adult & keep on telling an adult until the bullying stops.

Do not ignore it.

When bullying is ignored it can get worse.

We encourage students to be responsible bystanders and to help the person being bullied by:

- Getting a teacher for them
- Telling a teacher for them or going with them while they tell a teacher

Irresponsible bystanders, who stand around and watch, encourage, laugh or make inappropriate comments will also receive consequences, as this is bullying.

Wellbeing Programs in school include:

- Child Protection Curriculum
- Health
- Social Skills
- Shine SA Relationships
- Aboriginal Cultural Framework

For Parents/Caregivers

- Ensure your child understands that telling is not dobbing
- Listen calmly and take notes
- Encourage your child to keep a journal of bullying incidents
- Let him/her know that talking about the problem was the right thing to do and that the next step is telling someone at school if necessary, assist your child in discussing the problem with a teacher
- Discourage any planned retaliation, either physical or verbal

What do we do about incidents of bullying?

- We will listen and talk to the person who has been bullied and the person who has bullied others.

- We will actively work to repair the damage and prevent the repetition of bullying and harassment
- We will offer counseling for the student/s who have been affected by the bullying incidents
- We will use appropriate consequences for the person who has bullied others. Consequences will depend on the nature, severity and extent of the bullying behaviour. They may include: restorative conversation with family, counseling, involvement in social skills program,

Consequences may include the following:

- Restorative conversations
- Social Skills program
- Parent meeting
- Suspension or exclusion in accordance with the school discipline policy

*It is important to note that these steps may change; **we treat each situation individually** as each incident of bullying is different.*

Recording and Reporting Bullying

An in-school database of all Bullying incidents will be maintained to enable the counsellor and other leaders to identify where support is needed.