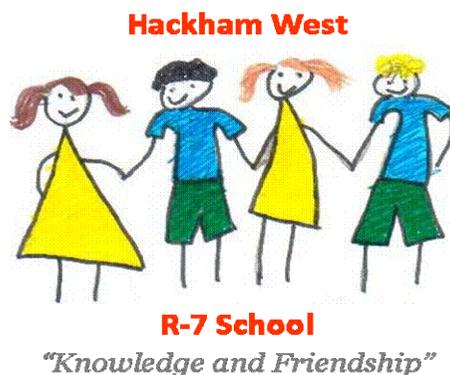
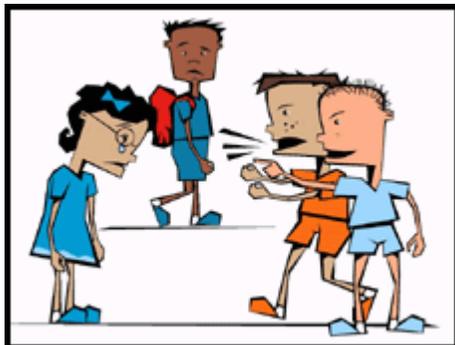


How do we deal with bullying at Hackham West R-7 School?

At Hackham West R-7 School, bullying in any form is not tolerated. This is not to say that bullying does not occur because research shows that between 10 to 15% of children are harassed per week in any Australian school. When an instance of bullying is reported the following measures may include:

- A Restorative conference between the bully and the victim.
- Meetings between leadership staff, classroom teacher and students involved to explore in-class strategies to prevent future instances of bullying.
- Communication with parents/caregivers of bully and victim explaining what happened and the school's response.
- Removal of the bully from classroom or yard until it is deemed appropriate for them to return.
- Re-think, Suspension or Exclusion based on the severity of bullying at the discretion of leadership staff.



HACKHAM WEST R-7 SCHOOL

ANTI – BULLYING POLICY

2012

Respect

Learning

Inclusion

Caring

Honesty

Fun

Ph: 83820955

At Hackham West R-7 School, staff and students abide by six core values of **respect, caring, inclusion, learning, honesty and fun.**

Bullying is dealt with through **Restorative Practice**, which enables students to take responsibility for their own behaviour and make decisions about what steps need to be taken to solve the problem.

We actively teach anti-bullying strategies and self-regulation as part of our social skills program, as well as implement both **Rock & Water** and **Play Is The Way** philosophies as classroom practice.

What is bullying?

Bullying can be defined as unprovoked or aggressive behaviour, deliberately inflicted by someone usually of greater power on someone of lesser power. It can be:

Physical: striking, kicking, damaging or taking belongings.

Verbal: name calling, teasing, insulting, racist or sexist remarks.

Emotional/psychological: spreading rumours, exclusion from social groups, persistent mockery, manipulation of friendship groups, cyber bullying.

Effects of bullying

The effects of bullying and harassment can often lead the victim to having feelings of low self confidence and self-esteem, anxiety and depression. Apart from being physically hurt, they have to deal with the persistent dread of the next attack, which is almost certain to come unless intervention is sought. The victim's life can turn into a misery, and school becomes a place to be avoided. The unprovoked attacks can lead to feelings of demoralisation and humiliation, causing loss of self confidence and self esteem. Victims may experience symptoms such as headaches, stomach aches, nightmares and anxiety attacks.

Signs that a child is being bullied

There are some signs that teachers or parents can be aware of to realise that a child is being bullied. These include:

- Eyes flitting everywhere, narrowed and weepy
- Shoulders being hunched over or tensed
- The child looking scared, unhappy, powerless, bad mood
- Speaks with a faint or shrill and out of control voice
- Breathing is either held or very rapid
- Their body is tight, constantly moving and twitching
- Tense, with a red or white face
- Head down, looking at their feet
- Walking droopily, unconfident steps
- Escalation of negative behaviour at home
- Not wanting to come to school

What students need to do if they are being bullied

- Speak to a teacher, the School Counsellor or the Principal
- Speak to a family member
- Do not approach the bully or retaliate
- Walk away
- Find a safe place such as the cool-down room or the office

What parents need to do if their child is being bullied

- Speak to the child's teacher, School Counsellor or Principal about the issue
- Be aware of the signs of bullying
- Role model positive behaviours and problem solving skills

Responsibilities of Hackham West R-7 staff

- Implement the DECD Child Protection Policy
- Be positive role models at all times
- Encourage students to 'open-up' and talk to a staff member about bullying
- Provide students with appropriate strategies to deal with bullies
- Use Restorative Practice when dealing with instances of bullying
- Implement Rock & Water and Play Is The Way philosophies as part of classroom practice

