

WHAT STUDENTS CAN DO TO HELP

1. Ask the bully to stop in a firm but non-angry voice. Stay cool and calmly walk away.
2. If you are being bullied, talk to a teacher, your parents or a trusted adult.
3. If you witness bullying, talk to your parents or a teacher. Ask them for advice. If you feel confident, tell the bully to 'stop it'.
4. If you witness bullying, reassure the person being bullied. Make sure they are okay and then tell someone.
5. In the case of cyber bullying, BLOCK THE CONTACT, then tell your parents, a teacher or a trusted adult.
6. Avoid joining in. Being part of a group which is bullying someone else is just as bad as being a bully by yourself.
7. Remember - DOB stands for **DON'T OBEY BULLIES**

COUNSELLING

Counselling is available to everyone involved in bullying.

This may occur via:

- ✓ **STUDENT SELF-REFERRAL**
- ✓ **STAFF REFERRAL**
- ✓ **PARENT REFERRAL**

The counsellor is also used in a consultative capacity.

CONSEQUENCES

1. Students who are reported for a first bullying incident will be interviewed by the Sub-School and given the opportunity to modify their behaviour. All concerned will complete a Student Behaviour Statement Sheet. The 'target' will be reassured and strongly encouraged to report any further incidents of bullying.
2. Students who are reported for a second time for bullying will be interviewed again and a conference with parents will be arranged. Further consequences will be determined at this time by the Sub-School. This may include behaviour contracts, yard sanctions, further counselling from the Sub-School or Student Wellbeing Co-ordinator or application of college sanctions from the Student Code of Conduct.
3. Students reported for a third bullying incident will be withdrawn from classes for the remainder of the day. They will be supervised in independent study. Parents will be required to attend another interview at which time college sanctions will be applied.
4. Students who are identified as being involved in ongoing bullying will be interviewed by the Head of Sub-School and Assistant Principal together with parents. Appropriate disciplinary action, which may include suspension, will be taken. In extreme cases of bullying the matter will be referred to the Principal. The College may initiate expulsion processes for a student whose behaviour contravenes College and DET values and expectations.
5. NB: Incidents considered to be of a serious nature may be responded to by immediately applying formal sanctions consistent with DET Student Engagement Policy Guidelines.

WELLINGTON SECONDARY COLLEGE

ANTI -

BULLYING POLICY

SUMMARY



WHAT IS BULLYING?

Bullying is when a student or group of students with more power repeatedly and deliberately uses negative words and/or actions against another student that cause distress and create a risk to their wellbeing.

DIRECT PHYSICAL BULLYING INCLUDES

- *Hitting, tripping and pushing*
- *Damaging or hiding property*
- *Uninvited behaviour of a sexual nature*

DIRECT VERBAL BULLYING INCLUDES

- *Name calling and teasing*
- *Put downs and insults*
- *Homophobic or racist remarks*
- *Verbal abuse*

INDIRECT BULLYING

is harder to recognise and is often carried out behind the bullied person's back. It includes

- *Lying and spreading rumours*
- *Playing nasty jokes*
- *Leaving someone out on purpose*
- *Giving people 'looks' or verbal signs*
- *Sending offensive notes including use of phones and computers*

CYBERBULLYING is one of the creepiest, most vicious forms of bullying because there is no personal contact. It refers to the practice of using technology to harass or intimidate someone else. It includes the inappropriate use of Email, SMS, FaceBook, Twitter, Instagram and other social networking sites.

Warning: personal information or pictures posted online can be misused or abused.

Remember:- Cyberbullying is unlawful.

DET Resource: Bullystoppers

<http://www.education.vic.gov.au/about/programs/bullystoppers/Pages/parents.aspx>

WHY HAVE A BULLYING POLICY?

Bullying is a part of school life that all schools can do without. It can make students feel unsafe at school, either because they're being bullied or because they're worried when it will be 'their turn'.

The College is committed to providing a safe and caring environment which promotes emotional well being and learning. It aims to make those who demonstrate inappropriate behaviour aware of the situation and subsequently change their behaviour.

The College Community can help prevent and reduce bullying by reporting incidents of bullying. All reports will be taken seriously and thoroughly investigated.

Our school is an accredited eSmart school.

More information at <https://www.esmart.org.au>

SOME COMMON REACTIONS

"I ONLY SENT IT TO MY FRIENDS."

Technology makes it very easy for others to misuse your messages or photos. Think before you press 'send'. If you receive a threatening or inappropriate message, don't reply, tell someone you trust. You don't have to suffer in silence.

Most cases of bullying are sorted out very simply, especially if it is reported straight away. You're not causing trouble, you're standing up for yourself.

"I DON'T WANT TO CAUSE TROUBLE."

"IT'S JUST A NATURAL PART OF GROWING UP."

There is nothing natural about being bullied. Kids have a right to feel safe at school, as well as at home.

This is the most common response to bullying. To put someone down, ridicule them, push them around, make them feel uncomfortable or take their things is bullying. It is not a joke.

"I WAS JUST MUCKING AROUND, CAN'T THEY TAKE A JOKE?"

WHAT THE COLLEGE WILL DO TO HELP

- **Include material on bullying, tolerance and assertive behaviour in the curriculum**
- **Provide a supportive environment which encourages positive relationships between students, their peers and teachers**
- **Implement the Student Code of Conduct, Student Wellbeing and Engagement Policy and Bullying Prevention Policy in a consistent and fair manner**
- **Respond to all reports of bullying behaviour**
- **Model appropriate behaviour on a consistent basis**
- **Assist students to develop skills for resolving conflict and dealing with bullying behaviour**

WHAT PARENTS CAN DO TO HELP

- *Support your child emotionally. Encourage them to tell you what is going on.*
- *Monitor your child's computer/internet use.*
- *In the case of cyberbullying, seek help from a trusted adult or professional body. Eg <http://www.esafety.gov.au>*
- *Treat your child with respect. Listen to their opinions and feelings.*
- *Teach your child positive values – to be honest, tolerant and know the difference between right and wrong.*
- *Care about your child's future. Encourage them to be the BEST they can be at whatever they choose to do.*