



Forrestfield Primary School

Anti-Bullying Policy

2018

At Forrestfield Primary School, everyone has the right to feel safe at all times

Bullying is never accepted and has no place at Forrestfield Primary School

What is bullying?

Bullying is any repeated, wilful, conscious behaviour intended to hurt another person. It can be psychological, verbal, physical, emotional and social. Bullying is not the same thing as a one off argument or fight between equals. It is often motivated by the desire to use power inappropriately over others.

What can children do if they are bullied?

Students need a range of skills to respond appropriately in situations where they feel they are being bullied or they are witnessing bullying behaviour.

Advice for students –

- Believe in yourself. You have the right to feel safe and valued.
- Try to ignore the bullying. If you show that you are not upset, the bully may lose interest.
- Tell the bully to stop. Speak firmly and calmly and say that their behaviour is not acceptable to you.
- Avoid being alone in places where bullying happens.
- Share the problem with your family and friends.
- Report the problem to a member of staff, the Principal or Deputy Principal.

Tell someone! Bullying is never OK!

What to do if you know someone is being bullied?

- Anyone who sees bullying has a responsibility to do something about it.
- Support the victim in a non-aggressive way. (Don't get involved in name calling or violence).
- Report the problem to a member of staff, Deputy Principal or the Principal.

What can parents do?

Parents have an important role in dealing with instances of bullying. The school will work closely with parents to find resolutions to ongoing cases of bullying involving their child.

Advice for parents –

- Parents actively monitoring their child's mobile phone and online interactions
- Take an active interest in your child's social life and what is happening at school.
- Encourage your child to bring friends home and to accept and tolerate differences in others.
- Make sure your child understands the school's expectations of their behaviour.
- Build a child's self-confidence by recognising their positive qualities and valuing them for who they are.
- Be alert for signs of distress in your child such as unwillingness to attend school or lower academic performance.
- Listen to your child & acknowledge their feelings and fears.
- Discuss and encourage constructive ways to respond if your child's rights are being infringed.
- Set a positive example by your own behaviour.
- Act (report the problem) if you suspect bullying is occurring.
- Help your child to understand Forrestfield Primary School's Levels of Behaviour and Consequences (see Behaviour Management Policy).

What will the school do?

Our school is committed to the principles of Restorative Practices. The aim of Restorative Practice is to facilitate the processes of restoring relationships, addressing harms, needs and obligations, in order to heal and put things as right as possible.

- Teachers will continue to teach explicit skills and strategies that empower students – Friendly Schools Plus program.
- Staff will respond appropriately to all reported instances of bullying within the school.
- All staff will utilise and follow the school's Behaviour Management Policy after assessing the degree of severity for individual situations.
- School and external agencies to educate students about cyber-safety