



OAKBANK AREA SCHOOL

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Oakbank Area School endeavours to provide a safe, inclusive and supportive learning environment free from bullying, harassment and violence for all members of our school community.

At Oakbank Area School, bullying including cyber bullying, harassment and violence, is a serious matter and is not acceptable.

The following information explains what bullying is, how you can report it and what Oakbank Area School will do to promote the learning of life skills and the responsibility for one's own learning and behaviour.

The **Student Counsellor** is responsible for:

- Providing advice to the Year Level Coordinator, student and family on strategies to respond to bullying.
- Assisting the Year Level Coordinator to plan the intervention approach.
- Supporting students to change inappropriate bullying behaviour.
- Acting as an advocate for victims.
- Peer mediation session organisation and meetings.

FURTHER INFORMATION

Useful websites you may wish to visit:

Students:

www.bullyingnoway.com.au
www.teensupportnetwork.org
www.kidshelp.com.au
www.communications.gov.au/easyguide
www.headspace.org.au
www.reachout.com.au
www.youthbeyondblue.com
www.esafety.gov.au/reportcyberbullying

Parents:

www.mindsetonline.com
www.authentic happiness.sas.upenn.edu

Telephone Numbers:

Parent Helpline	1800 222 696
Kids Helpline	1800 551 800
Child & Youth	
Health Parent Helpline	1300 364 100
Bully Zero Foundation	18000Bully

The **Year Level Coordinator** is the key person responsible for managing, coordinating and monitoring any intervention process for those students involved in bullying.

The Year Level Coordinator is responsible for:

- Ensuring that all relevant incidents of bullying they deal with are recorded appropriately in EDSAS.
- Making contact with the Student Counsellor to discuss intervention strategies and approaches.
- Organising written documentation to be sent home to parents and setting up meetings with parents.
- Coordinating and monitoring daily lesson checks and yard checks.
- Ensuring that the student responsible for bullying and their family understands that student behaviour management consequences will be applied if there is no significant improvement.
- Applying behaviour management consequences as required.
- Discussing potential student suspension with the Principal.
- Supporting the ongoing well being of the victim.

A DEFINITION OF BULLYING

Bullying is REPEATED verbal, physical, social or psychological behaviour that is deliberate, harmful and hurtful and involves the misuse of power.

Examples of **physical, verbal or emotional bullying** may include repetitive:

- Hitting, kicking, punching, shoving, pushing, spitting, tripping, pinching, scratching and biting.
- Rude gestures or inappropriate touching.
- Taking, damaging or interfering with property belonging to someone else.
- Making someone do something they don't want to do.
- Threatening, teasing, name calling, taunting and making fun of someone else because they are different.
- Taking of a persons lunch money or food.
- Deliberately being left out of games or conversations.
- Racist or sexual comments.
- Bullying of staff by students or parents.
- Bullying of students by other parents.

Cyber bullying is bullying which uses e-technology as a means of victimising others. It includes the use of e-mail, SMS or social networking sites with the intention of intimidating, controlling or humiliating another person.

Examples of **cyber bullying** may include repetitive:

- Threats, teasing, messages and posting of pictures.
- Sexual harassment.

Cyber bullying can also occur when a single message or picture is sent to more than one person.

SIGNS OF BEING BULLIED

Signs that may indicate that your child is being bullied may include:

- A sudden change in attitude towards school and a possible significant drop in grades.
- Unexplained cuts or bruises or a possible change in eating patterns.
- Changes in social patterns, mood swings, angry outbursts or other emotional changes.
- Persistent requests to stay home because of hard to prove illnesses like stomach aches or head aches.

ACTIONS TO TAKE

If you are a student and are being bullied:

- Tell the person who is bullying you to STOP!
- Talk to any Oakbank Area School staff member with whom you feel comfortable.
- Talk to your parents/caregivers.
- Talk to the School Counsellor, homegroup teacher or Year Level Coordinator or your friends.
- Keep reporting the bullying as often as it continues.
- Don't react or retaliate to the bully.
- Do not ignore it. When bullying is ignored it may get worse.

If you are a friend or bystander:

- Do not join in.
- Let the bully know that his/her actions are wrong.
- Support the bullied student.
- Report the matter to a staff member or adult.
- Understand that if you see bullying and do nothing, you are supporting bullying.

If you are bullying people:

- Think about the reasons why you bully people.
- Think about how it feels when someone bullies you.
- Think about talking to someone about your problems.

ACTIONS TO TAKE

If you are a parent of a child who is being bullied:

- Be a positive role model.
- Watch for signs that your child is involved in or is affected by bullying.
- Get the story - find out exactly what happened from your child.
- Let your child know they have done the right thing by reporting the bullying.
- Contact the school to arrange a meeting.

WHAT STAFF DO AT OAKBANK AREA SCHOOL REGARDING BULLYING

Within the Health and Child Protection curriculum, Oakbank Area School aims to teach our students anti-bullying strategies to assist them to develop appropriate social behaviours, positive relationships, conflict resolution skills, problem solving skills and resilience.

Bullying which is reported at Oakbank Area School will be addressed, documented and monitored whenever possible.

Actions may include:

- Speaking with the students involved.
- Notifying parents via phone call, letter or incident sheet.
- Interviewing relevant staff, students or parents.
- Peer mediation (sharing concerns).
- Counselling.
- Contracts and Agreements.
- Daily lesson checks.
- Time out from class or yard.
- Suspension or exclusion.
- Referrals to the Police or outside agencies.

NB: It is important to note that these steps may vary. This is because each person is different and each incident of bullying is different.