Chifley Public School

Anti-Bullying Information

Chifley Public School aspires to create a positive, tolerant and co-operative environment, in which we prepare students to face the challenges of a rapidly changing world.

YOU HAVE A RIGHT TO FEEL SAFE AT SCHOOL.

TEASING AND BULLYING ARE WRONG.

NOBODY DESERVES TO BE BULLIED.

http://www.chifley-p.schools.nsw.edu.au
WHAT IS BULLYING?

Bullying is ongoing inappropriate behaviour that is used to intimidate or dominate others.

Types of inappropriate behaviour

- **Physical**
  
  Hitting, kicking, punching, pushing or pulling, hurting or injuring someone, telling someone to hurt another person or throwing objects at someone.

- **Verbal**
  
  Calling names, racist remarks, whispering about someone, swearing at someone, threatening or teasing.

- **Mental or Emotional**
  
  Keeping someone out of games, shutting someone out of the group, not talking to someone, pulling faces or staring at someone, ‘gang up’ on someone, rude gestures, removing and hiding belongings, stalking/spying, offensive emails or text messages.

Bystander Bullying

- If you are a bystander to bullying or see someone being bullied: Stand beside the student being bullied and tell the student who is bullying to STOP.

- If the bullying continues: Walk away with the student and support them by playing a game with them or finding some other friends.

- Help the student being bullied by telling a teacher or an adult.
ACTION PLAN

- It’s not OK to make someone upset
- You can take action
- No-one likes it
- No-one deserves it
- No-one needs it

ACT

If you are being bullied: **DO SOMETHING ABOUT IT**

- Look at the person directly and say
  
  **STOP IT! I DON’T LIKE IT!**

- Stop, think, and walk away.
- Talk to a parent, a teacher, a friend – someone you trust.
- If you see someone being bullies, report it.

Tell someone who can help.

  your parents
  your teacher
  your friends
  Someone you trust

**REPORT IT!**
**STUDENTS should:**

- Know what bullying is.
- Report all bullying.
- Know not to retaliate.
- Know how to follow the action plan.

**How can PARENTS help?**

- Talk to your child about what he/she does at school.
- Encourage your child to tell a teacher if he/she is being bullied.
- Let the school know if there is a serious or persistent problem.
- Don’t leave a small problem until it becomes a big problem.
- Realise that you may have heard only one side of the story.
- Recognise if your child is a bully and work with the school to change behaviours.

**Be a good role model for your children.**

**How can SCHOOL STAFF help?**

- Maintain a caring and safe environment at school.
- Communicate clear expectations of standards of behaviour.
- Use consistent guidelines – the Chifley PS Student Welfare & Discipline Policy.
- Be a good role model with students, colleagues and parents.
  - Provide examples of acceptable behaviour through role play, child protection and social skills programs.
  - Provide proactive supervision at executive/counsellor level.