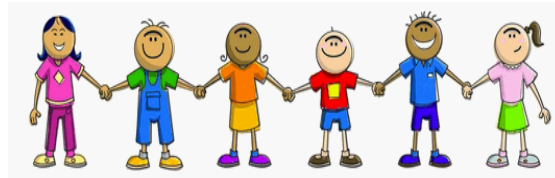


Anti-Bullying @ Largs Public School

Largs Public School is committed to providing a safe and caring environment which fosters respect for others and does not tolerate bullying. Largs Public School rejects all forms of bullying behaviour.

At Largs Public School we Value:



Respect Responsibility Personal Best

PURPOSE OF THIS DOCUMENT

This document is provided as a resource to support our schools implementation of the NSW Department of Education Bullying of Students – Prevention and Response Policy, available at <https://policies.education.nsw.gov.au/policy-library/policies/bullying-of-students-prevention-and-response-policy?refid=285835>.

Our Anti-Bullying Plan was updated on 3rd April 2020 and is available on the schools website at https://largs-p.schools.nsw.gov.au/content/dam/doi/sws/schools/l/largs-p/anti-bullying/Anti-bullying-plan_2020.pdf . Our plan is supported by our implementation of Positive Behaviour for Learning. A program that we are focused on reviewing and improving in 2020. The Anti-Bullying Plan, Positive Behaviour for Learning and our Learning Support Team systems are all targeted toward ensuring our school is a safe, inclusive and supportive environment where students can do their personal best.

The strategies outlined to support students here will be explicitly taught to them at an age appropriate level. It is important that from an early age children are encouraged to identify bullying behaviour and to respond appropriately. At all times, if a child feels unsafe, they must be encouraged and supported to seek the help of a trusted adult.

WHAT IS BULLYING? From <https://antibullying.nsw.gov.au/parents-and-carers/Defining-bullying>

Bullying is defined by three key features:

- it involves a misuse of power in a relationship
- it is intentional, ongoing and repeated
- it involves behaviours that can cause harm.

Having a disagreement with a friend, or a single incident or argument is not defined as bullying. These behaviours may be upsetting, and should be resolved, but they are not bullying.

Physical and verbal bullying, such as kicking or name calling can be easy to see (overt). Other types of bullying, such as social exclusion or spreading rumours are not as easy to see (covert).

Bullying can also happen online using technology such as the internet or mobile devices. This is also called **cyberbullying**.

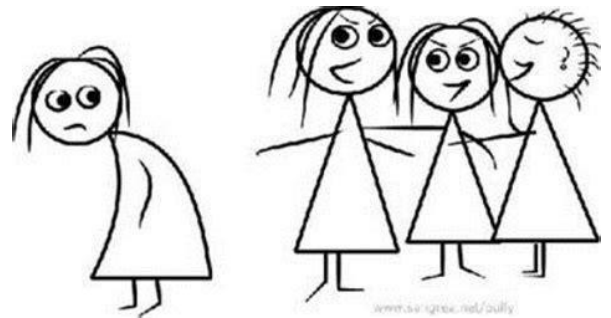
BYSTANDER

Being a bystander and watching or encouraging bullying by others is also unacceptable.

SOME EXAMPLES

Bullying or harassment can be: verbal, emotional, psychological, physical, sexual, religious, racial

- Teasing, name calling
- Making threats, yelling at someone
- Excluding other people
- Using abusive language
- Physically hurting somebody
- Using internet/cyber bullying



This school does not accept that it is ok to stand by and watch a fight or the intimidation of others.

IF A CHILD IS BEING BULLIED THEY NEED TO:

- Speak to a trusted adult or if at school, tell a teacher immediately.

IF A CHILD OBSERVES SOMEONE BEING BULLIED THEY CAN:

- Tell the bully to stop
- Be a friend to the person being bullied
- Seek help

TEACHERS WILL:

- Support the school in maintaining a safe, inclusive and supportive learning environment model and promote appropriate relationships and behaviours
- Promote a school culture where bullying is not acceptable
- Teach students to identify, report and respond to bullying at school and online
- Manage reports of bullying and escalate matters to the principal (or delegate) when necessary.

NON-TEACHING STAFF WILL:

- Refer any report of bullying to a teacher or school executive staff.

The PRINCIPAL (or their delegate) WILL:

- Complete and implement the [Anti-bullying Plan](#) for their school
- Maintain a positive school climate that includes respectful relationships
- Identify patterns of bullying behaviour and initiate school action to respond
- Manage complaints about bullying in accordance with the [Complaints Handling Policy](#)

PARENTS CAN:

- Listen calmly to your child. It is ok for children to be sad or upset at the actions of others. Adults need to provide support and help them learn management skills and strategies.
- Assist your child in discussing the problem with a teacher.
- Discourage any planned retaliation, either physical or verbal, by encouraging positive strategies.
- Let your child know that telling you about the bullying or harassment was the right thing to do.
- Talk to your child about what could be done.

SOME HELPFUL HINTS TO TELL YOUR CHILD

- Don't put up with it!
- Tell a trusted adult. This is NOT dobbing.
- Don't react. Just walk away with your head held high.
- Use a strong, confident voice. Be assertive, don't let the bully put you down.
- Avoid the person harassing you.
- Don't show that you are scared even though you might be.
- Don't try to swap insults.
- Don't engage in Internet bullying.

Remember that you are not alone. All adults at school are committed to helping.

BUILDING RESILIENCE AND STAYING STRONG

Sometime during their school life most students are faced with behaviour from peers that makes them feel uncomfortable, annoyed or upset. Our 'Do the 5' hand teaches the students skills in taking responsibility while showing confidence and resilience.

- **Ignore:** don't pay attention to the words/person
- **Talk Friendly:** use please and thank-you to ask them to stop
- **Lead the Way:** suggest or show the right thing to do
- **Talk Firmly:** use a strong, confident voice with eye contact to say Stop to the behaviour
- **Report:** to a teacher when the person continues their behaviour after the first 4 steps have been followed in order



Important: If you feel unsafe, hurt or someone is being violent or aggressive, get help from an adult immediately.

STAFF AT LARGS PUBLIC SCHOOL

- Promote and reinforce "Following the 5 Steps" to conflict resolution.
- Talk with the students involved and help them to solve the problem.
- Teach students about dealing with conflict and anger.
- Teach students about care and respect for themselves and others.

Be positive about your child's qualities and encourage your child to be tolerant and caring.

COMMON EXCUSES USED BY BULLIES

- "I was only joking."
- "It was just a bit of fun."
- "It's ok, they know I don't mean it."
- "They started it."

PLEASE REMEMBER, WE ARE HERE TO HELP



DON'T TAKE IT:

Remind students that they have the right to feel safe.

DON'T DO IT:

Remind students that they have the responsibility to help others feel safe and happy.

RESOURCES

<https://education.nsw.gov.au/parents-and-carers/learning/student-support/the-complete-parent-and-carer-guide-to-anti-bullying>

<https://antibullying.nsw.gov.au/>

<https://schoolsequella.det.nsw.edu.au/file/f4784224-9837-4af8-a23d-56bb6ed37194/1/antibullying-fs-english.pdf>

<https://www.kidshelpline.com.au/>

<https://bullyingnoway.gov.au/>

<https://www.esafety.gov.au/>