

If you feel your child may be being bullied.

- Stay calm and positive. A confident, positive and resilient response can discourage bullying from continuing.
- Keep perspective, you will feel emotional and protective of your child but need to consider the situation objectively.
- Talk with your child. Explore possible solutions and encourage them to seek help at school.
- Don't approach the other child's parents.

How to support your child

Encourage your child to :

- Walk away from a bully;
- Act unimpressed;
- Use strategies to defuse the situation such as giving a quick response to disarm the other child, or using a routine response like 'okay', or 'so be it', to suggest that they are not really bothered;
- Use confident body language;
- Say "No!" firmly;
- Talk to you or a staff member about his or her feelings;
- Report the bullying to a staff member, even though they may not want to.



What you can expect from our school.

- Your child's experience will be listened to and taken seriously.
- You will be supported to assist your child to avoid being bullied in the future.
- Your child will be supported to ensure bullying does not continue.
- The school will work with children and parents of children who bully with the aim of modifying and minimising their bullying behaviour. This includes appropriate consequences and self-reflective processes.
- Confidentiality elements/restrictions may be necessary when dealing with issues.



Anti Bullying Charter

Resources

Bullyingnoway.gov.au
www.psychology.org.au/publications/tipsheets/bullying
www.cybersmart.gov.au/Parents



What is Bullying?

Bullying is **repeated** verbal, physical, social or psychological behaviour that is **harmful** and involves the **misuse of power** by an individual or group towards one or more persons. Bullying can happen face to face, at a distance, or through information and communication technologies.

Some conflicts between children are a normal part of growing up and are to be expected. These conflicts or fights between equals and single incidents are not considered bullying, even though they may be upsetting and need to be resolved.



How does our school promote an anti-bullying climate?

At St Pius X School children are taught that they have the right to:

- Live with peace and safety;
- Be an individual and be proud to be different;
- Be treated respectfully;
- Say no when they believe something is wrong;
- Tell a staff member when someone is making them unhappy;
- Protect themselves when being bullied.

Together with children's rights come their responsibilities. At St Pius X School children are expected to:

- Promote zero tolerance for bullying;
- Work with their peers to stop bullying;
- Inform staff members when they recognise a bullying situation;
- Discourage bullying behaviour amongst their friends and be helpful rather than hurtful bystanders;
- Actively support peers who are victims of bullying.

Staff at St Pius X School promote an anti-bullying climate by:

- Actively discouraging bullying;
- Modelling pro-social and respectful behaviour in their interactions with students;
- Educating students about bullying and facilitating class discussions;
- Minimising the opportunity for bullying to occur through stimulating classroom environments and classroom management techniques;
- Listening and supporting those who believe they are being victimized;
- Assisting students to develop problem solving, assertiveness, and conflict resolution skills.