Mt St PATRICK
ANTIBULLYING PROGRAM
2012

Our school is committed to providing a safe and caring environment, which fosters respect for others and does not tolerate bullying.

Bullying is a repeated act with the intent to hurt and use power over another person.

Bullying can take many forms. We consider the following behaviours to be forms of bullying.

**PHYSICAL**
- Punching
- Kicking
- Hitting
- Pushing
- Taking the property of someone else.
  - Pinching
  - Pulling hair
- Throwing things at another person.
  - Scratching
  - Shoving
- Intentionally tripping someone over
  - Rude gestures

**VERBAL**
- Use of inappropriate language.
- Teasing
- Name calling
- Teasing due to appearance. Physical characteristics or cultural background
- Yelling at someone continually
  - Gossiping

**EMOTIONAL / PSYCHOLOGICAL BULLYING**
- Spreading rumours about others as well as sending letters, notes/emails.
  - Excluding others from a game/activity
- Isolating someone and stopping them from being someone’s friend
  - Purposely ignoring a member of the group
  - Whispering with the intent to exclude.

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**TO STOP BULLYING IS IMPORTANT**
**SAY NO TO BULLYING**

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**You Can't Sit on the Fence!**
**If you are not being bullied, but you are aware of others who are ...**
**You CAN and SHOULD decide to do something about it if you really care and want to help protect others**
A BULLY CAN BE SOMEONE WHO.......  
- is bossy  
- teases/calls people names/swears and picks on them  
  - exerts power over others  
  - spreads rumours  
  - is angry  
  - enjoys being mean  
- is a hurtful person who is cruel to others  
- is a victim  
- has difficulty taking responsibility for actions  

BEING BULLIED MAKES US FEEL......  
- sad  
- depressed  
- angry  
- hurt  
- petrified, scared and frightened  
  - unsafe  
  - sick  
- embarrassed and unhappy  
  - stressed  
  - revengeful  
  - rejected  
  - alone  
  - like a victim  
- scared to come to school  

OUR RIGHTS  
- A right to learn  
- A right to share ideas without being criticised  
- A right to be respected  
- A right to be free, confident and happy  
- A right to be safe in the classroom and on the playground  
- A right not to be bullied  

I HAVE A RESPONSIBILITY TO TELL THE TEACHER IF I AM BEING BULLIED  

CONSEQUENCES FOR BULLYING  
- The class teacher is notified in regards to behavior  
- Matter is investigated by the Principal / Assistant Principal  
- Students name is entered into the school discipline book and student is placed on detention at lunchtime  
  - Note sent home to parents outlining the incident  
- A ‘restorative justice’ approach is taken in dealing with the incident  
- While on detention the student must write an apology  
- In the case of repeated incidents of bullying, Step 2 of the school Discipline Policy is implemented (Interview with Parents)  

The most important thing to remember is that if you or someone else is being bullied, TELL SOMEONE – this is REPORTING ABUSE, not ‘dobbing’