

Suttontown Primary School Anti-Bullying Policy

Suttontown Primary School is committed to providing a safe and orderly environment for students to learn and interact with others. We aim to establish a community in which everybody upholds our school values of respect, resilience and doing your best; and where individual differences are appreciated, understood and accepted. Everybody has a right to enjoy their time at school.

What is bullying?

Bullying is an ongoing and deliberate misuse of power in relationships through repeated verbal, physical and/or social behaviour that intends to cause physical, social and/or psychological harm. It can involve an individual or a group misusing their power, or perceived power, over one or more persons who feel unable to stop it from happening.

Bullying can happen in person or online, via various digital platforms and devices and it can be obvious (overt) or hidden (covert). Bullying behaviour is repeated, or has the potential to be repeated, over time (for example, through sharing of digital records).

Bullying of any form or for any reason can have immediate, medium and long-term effects on those involved, including bystanders.

Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying.

Examples of types of bullying

Physical: hitting, kicking, tripping, pinching, pushing or damaging or stealing belongings.

Verbal: verbal abuse, name calling, insults, teasing, intimidation, or threats.

Social: social exclusion, lying, spreading rumours, unkind facial expressions or body language, mean and condescending looks, playing jokes to embarrass and humiliate, mimicking and damaging someone's reputation or social relationships.

Cyber: Cyberbullying is online bullying. It uses technology, including social media platforms. Verbal and social bullying can be cyberbullying when they occur online.

Cyberbullying includes:

- abusive texts and emails
- hurtful messages, videos and images, including images that have been changed
- sharing personal images and videos without consent
- pretending to be someone else online to be hurtful.

What is harassment?

Harassment is behaviour that targets an individual or group. This can be because of their: identity, race, culture or ethnic origin; religion; physical characteristics; gender; sexual orientation; age or ability.

It offends, humiliates, intimidates or creates an unsafe environment. It might be a: pattern of behaviour or a single act. It might be on purpose or unintended

What bullying is not

Many distressing behaviours are not examples of bullying, even though they are unpleasant and often require teacher intervention. These include:

Mutual Conflict: Involves an argument or disagreement between people but not an imbalance of power. Both parties are upset and usually both want a resolution.

Social rejection or dislike: is not bullying unless it involves deliberate and repeated attempts to cause distress, exclude or create dislike by others.

Single episode acts: nastiness or physical aggression are not the same as being bullied. If someone is verbally abused or pushed on one occasion they are not being bullied. However this does not mean these types of behaviours are ignored.

What Can I Do?

Students:

- Support friends to get help from trusted adults if they experience bullying.
- Seek help. Talk about it to a trusted adult.
- Report bullying to a member of staff or a trustworthy friend
- Talk it over openly with your parents
- Write a description of the event and give it to the teacher.
- Support friends to behave in safe, respectful and inclusive ways.

How Can Parents Help?

As Parents You Can

- Model and promote safe, respectful and inclusive behaviours.
- Help your child to be safe online at home. This includes checking your child's use of technology and social media.
- Make sure that your child/ren know how to identify and report bullying.
- Talk to your children about safety issues. This includes bullying and cyberbullying. Help them understand what it is, why it is harmful and how to respond.
- Report concerns about bullying to school staff
- Discourage any planned retaliation, either physical or verbal. Discuss positive strategies they can use.

As Staff We Will

- Model and promote positive behaviour. Value diversity, demonstrate respect, and include all students and their families.
- Adopt positive classroom management strategies and incorporate anti-bullying messages in the curriculum.
- Explicitly teach students about respectful relationships, bullying and cyberbullying. Teach them how to recognise bullying, what to do and how to get help.
- Actively counteract bullying behaviour
- Respond appropriately to any reported incidents of bullying
- Support students to repair and restore relationships that have been harmed by bullying.
- Report criminal matters to the South Australian Police

Responses to Bullying

- You will be spoken to by your classroom / yard duty teacher.
- The issue will be recorded in EMS and/or IRMS
- We use the 'Restorative Practise' approach to deal with incidents of bullying. Restorative Practices creates opportunities for those involved in a conflict to work together to understand, clarify and resolve the situation and work together towards repairing the harm caused. This process is applied when deemed a suitable strategy for dealing with a particular situation. Restorative Questions will be used when working through an issue/behaviour. The following questions will be used
 - o What happened?
 - o What were you thinking at the time?
 - o What have you thought about since?
 - o Who has been affected by what you have done?
- If this approach is not effective or applicable to the situation the application of the school's behaviour support policy provides guidelines for addressing this behaviour. This may include time out, suspension or exclusion and further parent contact.

Things we do to Reduce Bullying:

- Use the beginning of the year to set up expectations for the year and to negotiate class rules and expectations.
- Use the curriculum to teach students about respectful relationships and diversity e.g child protection curriculum
- Student Voice is encouraged through class meeting and SRC
- School Values awards are given at assemblies
- Provide fluoro vests to make staff more visible in the yard.