
COMMON EXCUSES USED BY BULLIES

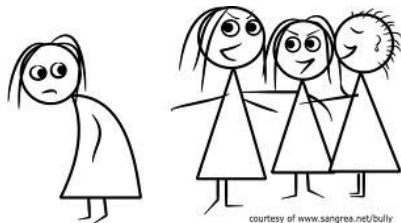
- “I was only joking.”
- “It was just a bit of fun.”
- “It’s ok, they know I don’t mean it.”
- “They started it.”

DON'T TAKE IT:

Remind yourself that you have the right to feel safe.

DON'T DO IT:

You have the responsibility to make others feel safe and happy.



STAFF AT BERRI PRIMARY

- 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.
- Should there be repeated incidents of bullying, parents will be informed and a meeting arranged. Further incidents may result in time out or suspension.

Bullying and harassment are issues which are treated very seriously at Berri Primary School.

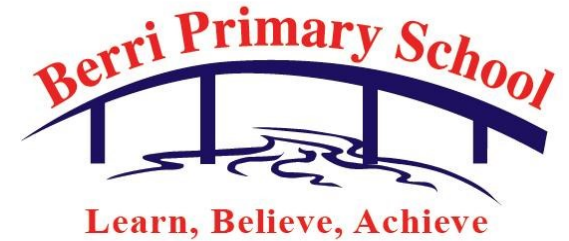
We will deal with unacceptable behaviour and will work to find a solution to stop the bullying.

Who To Contact:

- Your child’s teacher
- School Counsellor
- The Principal or Deputy Principal

Valuable Resources

www.bullyingnoway.com.au
DECS Parent Help Line: 1800 222 696
Kids Help Line: 1800 551 800
Child and Youth Health Parent Help Line:
1300 364 100
Netalert.com.au



ANTI-BULLYING POLICY

Berri Primary School is committed to providing a safe and caring environment which fosters respect for others and does not tolerate bullying.

At Berri Primary School we Value:



BERRI PRIMARY SCHOOL

11 Sultana Street

BERRI SA 5343

Phone: 85821077

Fax: 85823206

Email: dl0532_info@schools.sa.edu.au

www.berriips.sa.edu.au

WHAT IS BULLYING

- A repeated, unjustifiable behaviour that may be physical, verbal and/or psychological.
- Can be intended to cause fear, distress or harm to others.
- Can be conducted by a more powerful individual or group.

SOME DEFINITIONS

- When a person is exposed repeatedly over time to harassment on the part of one or more persons.

BULLYING CAN BE DESCRIBED

- As unprovoked aggressive and repeated behaviour inflicted by a person or a group, on someone else which causes pain or distress.

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 intimidation of others.

IF YOU ARE BEING BULLIED

YOU CAN

- Tell them to stop
- Ignore them
- Walk away
- Tell someone who will help you
- Speak to an adult, staff member or parent

IF YOU SEE SOMEONE BEING BULLIED

YOU CAN

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

Adults provide the model for a child's behaviour.

PARENTS: IF YOUR CHILD IS BEING BULLIED AT SCHOOL

YOU CAN

- Assist your child in discussing the problem with a teacher.
- Discourage any planned retaliation, either physical or verbal, by encouraging positive strategies.
- Listen calmly to your child.
- 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.
- Refer to & follow: School Grievance Procedures

SOME HELPFUL HINTS

To tell your child

- Don't put up with it!
- Tell someone you can trust. 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.
- Stay away from the place where you might be bullied.
- 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.
- Tell the bully, "Leave me alone" and confidently walk away.

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

