



## Springton Primary School

### Anti-Bullying Policy 2021

At Springton Primary School, all members of our community are committed to ensuring a safe and supportive environment which promotes personal growth and fosters positive self-esteem for everyone.

We strive to maintain a setting in which everyone feels valued and respected and where individual differences are appreciated, understood and accepted.

#### A definition of bullying

Bullying is defined here as a physical and / or psychological action by an individual or group which is purposely intended to hurt or stress another over a period of time.

It includes:

#### Direct bullying:

##### Physical:

- Hitting, kicking, punching, pushing, shoving, spitting, making rude gestures
- Taking or damaging something that belongs to someone else
- Forcing others to hand over food, money or something which belongs to them, making somebody do something they don't want to do.

##### Verbal:

- Name calling, teasing, threatening
- Making fun of someone because of their appearance, physical characteristics or cultural background
- Making fun of someone's actions

#### Indirect bullying:

- Excluding others from the game or the group
- Spreading untrue stories about others
- Hiding books or belongings
- Threatening gestures
- Graffiti
- Put downs
- Unwanted physical contact

#### Cyber bullying:

- Teasing, spreading rumours or sending unwanted messages using electronic methods such as
- Email
- Social network sites
- Instant messaging
- SMS

#### What can be done about bullying?

All members of our school community can help prevent bullying behaviour. This includes:

- Abstaining personally from bullying others
- Actively discouraging bullying when it occurs
- Giving support to those who are victimised

#### Responsibilities of Staff

- Be a positive role model.
- Teach the Child Protection Curriculum and support students to implement the skills and strategies.
- Be available and ready to listen and respond to reports of bullying
- Treat information seriously.
- Ensure follow-up by reviewing the situation.
- Empower students to take responsibility for themselves and their actions
- Support others in dealing with incidents of bullying.

### **Responsibilities of Students**

- Make others feel happy and safe.
- Help the person being bullied
- Don't be a bystander – report it to an adult
- Show that you and your friends do not like bullying.
- Report bullying whether it happens to you or not.
- Respect and value other students, staff and members of the school community.
- Be compassionate, empathetic and understand the effects of racism, sexual harassment and bullying on individuals and groups in our society.
- Develop appropriate skills and behaviours in communicating and working effectively with people from a variety of backgrounds.
- Talk to parents/caregivers or a trusted adult.

### **Responsibilities of parents & caregivers**

- Remind your children that they are highly valued and assist them in maintaining a positive self-worth.
- Discuss positive strategies.
- Encourage your child to report to a trusted adult.
- Watch for signs of distress and behavioural changes in their child:
  - Unwillingness to attend school
  - A pattern of headaches or stomach aches
  - Personal items or equipment that have gone missing
  - Damaged clothing or bruising
- Model appropriate behaviours at all times
- Inform the school if a bullying incident occurs within school time or the police if it occurs out of school.
- Be available and ready to listen to reports of bullying

### **What we do about incidents of bullying**

- We will listen and talk to the person who has been bullied and the person who has bullied others.
- We will put negotiated consequences in place for the person who has been bullying others.

These may include a warning, time out, exclusion from play / special events/ excursions, being sent home, a meeting with parents, suspension or exclusion from school.

### **What we do at Springton Primary School to reduce bullying**

If an incident of bullying happens at Springton Primary School we use **prevention, intervention** and **post-intervention** strategies.

**Prevention strategies** include:

- Using the curriculum to teach students about respectful relationships, civics and citizenship
- Developing programs to help students participate and have a say in their learning
- Implement DfE policy which promotes student safety.
- Providing professional learning for staff in collaboration with local agencies.

**Intervention strategies** include:

- Counselling students who have been bullied
- Meeting with parents or caregivers about the situation
- Having consistent consequences reflecting the individual circumstances.

**Post-intervention strategies** include:

Monitoring the situation between the students to ensure that their safety and wellbeing are maintained.