

## RIGHTS

At our school :

1. Everyone has the right to feel safe, valued and respected.
2. We therefore must respect and value others.

**\*\*\*I have the right to seek adult help and support when:-**

- Someone won't stop teasing or bullying me.
- Someone is doing something hurtful to others.
- I feel unsafe.
- I am being threatened for "*dobbing*".
- My efforts to ignore or stand up for myself have not changed the situation.

## RESPONSIBILITIES

Everyone (students, staff and parents) in our school community is responsible for making sure that each person's rights are recognised and protected.

WE **WILL** NOT TOLERATE BULLYING.

WE **CAN** DO SOMETHING ABOUT IT!

WE **WILL** DO SOMETHING ABOUT IT!

**OUR SCHOOL IS A  
NO PUT-DOWN ZONE**

## **WHAT IS BULLYING?**

Bullying is a pattern of behaviour by one person towards another that is designed to hurt, injure, embarrass, upset, or discomfort that person. It can be:

- Physical aggression
- The use of put-down comments or insults
- Name-calling, teasing about people's differences (eg about academic/sporting abilities)
- Damage to the person's property
- Deliberate exclusion from activities
- The setting-up of humiliating experiences
- Repeatedly picking on someone
- Harassment of a person about their values or beliefs
- Behaving in a sexist or racist manner.

## **DO YOU BULLY?**

- Do you tease, abuse, hit others?
- Do you call people names?
- Do you insult, tease or intimidate?
- Do you take part with a group in helping to insult or upset others?
- Do you accept bullying of others by laughing or by **DOING NOTHING?**

**If you are not being bullied but know  
that others are...**

**YOU CAN DECIDE TO DO  
SOMETHING AND HELP  
PROTECT OTHERS.**

## **WHAT HAPPENS IF YOU ARE A BULLY?**

### **Step 1: Counselling**

You will be seen by your teacher or principal and your parents may be contacted. You will also be given the opportunity to meet with the victim (if they agree) and work out a solution.

### **Step 2: Consequences**

If you are found to be bullying again the following consequences may be enforced:

- Removal from the playground.
- Counselling about your inappropriate behaviour
- In-school isolation
- Parents informed and possibly a parent interview arranged.
- Suspension from school in cases deemed severe or continuous.

### **WHAT HAPPENS IF YOU ARE BEING BULLIED?**

You can take control of what happens by knowing that you can do something about it.

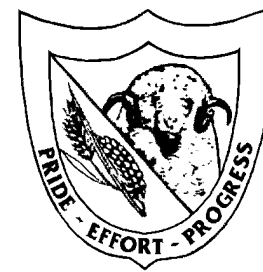
#### **Actions**

- Show it does not upset you, the bully is not then encouraged to continue
- Tell the person doing the bullying that their actions are unwanted or hurtful
- Remind them of our school policy
- Talk it over with someone you trust (friends, parents or teacher)
- Report it so it can be dealt with by a teacher.

**REMEMBER:**

**DON'T REACT**

**DON'T RETALIATE!**



**MILING PRIMARY SCHOOL**

# **POLICY ON BULLYING**

