



**Allendale**  
Primary School  
AN INDEPENDENT PUBLIC SCHOOL

# BULLYING

*No Way!*

**OUR SCHOOL IS COMMITTED  
TO TAKING A STANCE  
AGAINST BULLYING**

## WHAT IS BULLYING?

Bullying occurs when a person or group of persons deliberately and repeatedly hurt or frighten somebody less than themselves for no reason. This may be done in various ways:

## DID YOU KNOW...

- 1 in 4 Year 4 - 9 students reported being bullied every few weeks or more
- Frequent bullying is highest among Year 5 & Year 8 students
- Online bullying appears to be related to age with secondary students more likely to engage than primary school students
- Peers are present as onlookers in 87% of bullying interactions & play a central role in the bullying process

## Physical

Pushing, hitting, tripping, kicking  
Hiding or taking another's belongings

## Verbal

Spreading rumours, teasing and name calling, threatening

Making fun of people's abilities, weaknesses or achievements

Making fun of people's skin colour, physical features, race, religion or accent

## Cyber

Sending insulting or threatening text messages or emails

Publishing someone's personal or embarrassing information online

Creating hate sites or starting social exclusion campaigns on social media

## Indirect

Deliberate exclusion from activities or friendships

Spreading rumours, nasty looks and gestures

Watching or encouraging others to participate in any of these behaviours

# WHAT CAN YOU DO IF YOU ARE BEING BULLIED

## IN PERSON..

If you are being bullied and feel safe to do so:

- Ignore them
- Tell them to stop and walk away
- Pretend you don't care
- Go somewhere safe
- Talk to an adult at school or home
- Get support from your friends

## ONLINE..

- If you are being bullied online (cyberbullied), and feel safe to do so:
- Don't respond to the message
- Save the evidence as a screenshot
- Block the sender
- Delete the message
- Report the situation to the website
- Talk to trusted people

## RESPECT | HONESTY | COURTESY | RESPONSIBILITY

**CHILDREN AND YOUNG PEOPLE NEED TO KNOW THAT THEY ARE BEING HEARD, THAT THEIR FEELINGS MATTER AND THAT THEIR ISSUE WILL BE INVESTIGATED RESPECTFULLY. BULLYING SHOULD BE TAKEN SERIOUSLY.**

## IF YOUR CHILD TALKS TO YOU ABOUT BULLYING:

### 1. LISTEN CALMLY AND GET THE FULL STORY

Your first response when a child tells you of a concern can make a difference to the outcome. After they've told you their story, ask questions to get more details if you need to: who, what, where, when. try to keep calm to avoid more distress to your child.

### 2. REASSURE YOUR CHILD THEY ARE NOT TO BLAME

Many children blame themselves and this may make them feel even worse. You could say things like, 'That sounds really hard to deal with. No one should have to put up with that.' or 'I'm so glad you told me. You should be able to feel safe at school; that's not fair at all'.

### 3. ASK YOUR CHILD WHAT THEY WANT TO DO AND WHAT THEY WANT YOU TO DO

A critical part of your response is to avoid jumping in to solve the problem. While it is natural to want to protect your child, helping them to find their own solution is a better option. It helps them feel they have some power in the situation.

### 4. CONTACT THE SCHOOL

Your child may be reluctant for you to do this, so discuss the idea and reassure them that the school would want to know and is able to help. Make an appointment to meet with your child's teacher and, if you need to, ask to talk with the principal. Contact the school immediately if you have a concern about your child's safety.

### 5. CHECK IN REGULARLY WITH YOUR CHILD

Keep the conversation going. It can take time to resolve issues, so check in regularly with your child about their experiences and their feelings. Your ongoing support is important.

**WWW.BULLYINGNOWAY.GOV.AU**