

## Bystander Behaviour

*If you see someone being bullied you can:*

- Go for help if the situation is dangerous or you are unsure or afraid.
- Get help, don't be an audience for the bully. Be a buddy to the victim. Invite them to join you.
- Speak up... a simple "stop being a bully" might be enough to stop the incident.
- Be part of the solution not the problem.

### Ways to deal with a bully

- Bullies love a reaction, don't give them one. Stay calm.
- Stand up straight and don't show the bully that you are afraid or that your feelings are hurt.
- Be alert. Think fast. How can you get out of the situation safely?
- Fighting back can make the situation worse, and you may get hurt.
- Get away. Find safety or call for help.
- Talk to an adult you trust for ideas and help.
- Have a plan for dealing with bullies.
- Think of things to say ahead of time
- Get help. Report the situation to the school and your parents.

### Who Can You Tell?

- The person bothering you. You may wish to ask a friend or trusted peer to support you when you do this.
- The Yard Duty teacher
- Your Home Class teacher
- Christian Pastoral Support Worker
- The Principal or one of the Senior Leaders.
- Your parents or another trusted adult

*The final word . . . .*

### **DONT TAKE IT!**

- You have the right to feel safe.
- You are an OK person.

### **DONT DO IT!**

- People will not like you!
- You have a responsibility to help others feel safe.

**BULLYING. NO WAY!**

## Wudinna Area School

*'Be Cool Not Cruel'*

*Help make our school a safe and caring environment*

**BULLYING. NO WAY!**

## Types of bullying include:

	<b>Direct</b>	<b>Indirect</b>
<b>Physical</b>	<ul style="list-style-type: none"> <li>• hitting, slapping, punching, kicking, pushing, strangling, spitting, biting, pinching, scratching, throwing things (eg stones)</li> </ul>	<ul style="list-style-type: none"> <li>• getting another person to harm someone</li> </ul>
<b>Non Physical</b>	<ul style="list-style-type: none"> <li>• mean and hurtful name calling</li> <li>• hurtful teasing</li> <li>• racist remarks</li> <li>• sexual comments</li> <li>• demanding money or possessions</li> <li>• forcing another to commit offences such as stealing</li> </ul>	<ul style="list-style-type: none"> <li>• spreading nasty rumours</li> <li>• trying to get another student to dislike someone</li> </ul>
<b>Non Verbal</b>	<ul style="list-style-type: none"> <li>• threatening and/or obscene gestures body language</li> </ul>	<ul style="list-style-type: none"> <li>• deliberate exclusion from a group or activity</li> <li>• removing and hiding another's property and/or damaging other's property</li> </ul>
<b>Exclusion</b>	<ul style="list-style-type: none"> <li>• ignoring</li> </ul>	<ul style="list-style-type: none"> <li>• being ignored, left out on purpose or not being allowed to join in</li> </ul>
<b>Cyber Bullying</b>	<ul style="list-style-type: none"> <li>• threatening and/or obscene photos and/or texts</li> <li>• using Facebook to bully others</li> <li><i>"Don't Facebook, face the problem"</i></li> </ul>	

## BULLYING INTERVENTION PROCEDURE

**Bullying occurs**



**Staff informed**



**Consequences**  
(Consequences are determined on the actual severity of the incident)

**Formal warning**

OR

**Relocation**  
(from yard or class)

OR

**Internal suspension**

OR

**External suspension**

**Re-entry Process**

At Wudinna Area School we want all students to feel safe, therefore, we take bullying seriously.

### How to keep from being bullied

- Hang out with friends and play in groups. Walk to school with a friend.
- If you know someone who doesn't like you, stay away from them and places they like to hang out.
- Stay within sight of adults whenever possible. If they can see you, they can help you.
- Practise showing confidence. Stand tall and walk proud.
- Look confident and make eye contact.
- If someone is bothering you, tell an adult right away. The longer you wait, the harder it will be to stop it.

**Bullying is the use of deliberate, hurtful gestures, words or actions which are typically repeated over time.**

**It can be a criminal offence if physical violence or threats are made against another. Anyone over 10 years of age may be dealt with by the police.**