Aims
At Middle Park we aim to keep our school calm and peaceful, safe, caring and considerate, respectful and honest, and a place which is full of learning.

Bullying – what is it?
Bullying is intentional, often selective uninvited behaviour. It can be psychological or physical in its intent by someone who is stronger physically or psychologically. A feature of bullying is that it is often repeated hurtful behaviour.

Bullying acts against the fundamental right of students to feel safe at school and be treated with care and respect. Bullies hurt other people by:

**Physically**
- Hitting, kicking, pushing, poking, blocking, tripping another student persistently over a period of time, spitting, throwing objects, hiding, damaging or destroying property, making someone give money, food or other property.

**Non-physically**
- Threatening the above, name calling, using offensive language, ridiculing, nasty teasing, put-downs, spreading rumours, making faces or rude gestures.
- “It was only a joke” is an unacceptable excuse for excluding someone from a group.

The results of bullying
The results of bullying can be serious for both the bully and targeted student, affecting his or her whole life.

For the targeted student it may result in tears, stress, lower academic results, truancy, anger, poor self-esteem, sleeplessness, nightmares and depression.

For the bully, it may lead to a belief that such behaviour is acceptable and consequently lead to a failure to develop skills of cooperation and conflict resolution. It may result in suspension.

What do we do at Middle Park?
1. Raise awareness
2. Survey
3. Discussion/Program
4. Develop a supportive environment for students
5. Ensure that everybody understands that it is alright to report bullying
6. Encourage positive peer group pressure
7. Active duty of care by teachers for all students.

What happens when bullying is reported?
A process they will use when bullying is reported is:
- Listen carefully to the targeted student and offer advice. Talk to the bully immediately, and for serious repeated bullying refer the situation to Deputy Principal. Time in the reflection room at play time may occur.
- Follow up by checking on both the bully and the targeted student to ensure the situation has been resolved.

- Parents of the students will be contacted about serious or repeated bullying. Parents may also be contacted in regard to lesser bullying episodes.
- In addition a further range of options is available including discussion, restitution, reflection, suspension and exclusion, depending on seriousness.

What can you do if you are being bullied?
1. Report it. Bullying will continue if those responsible think they can escape detection and avoid consequences.
2. Try not to show that you are upset. Bullies feel great if they have upset you.
3. Try to be assertive – look and sound confident.
4. Walk away quickly and confidently even if you don’t feel that way inside.
5. If students have been calling you names or teasing etc, reassure yourself that you’re OK, and that those students are the ones with the problems.
6. Talk to a friend, a teacher or your parent.
7. Avoid “risk” situations or areas in the school where possible, or stay close to adults or friends.
8. Consider whether you have been bullying yourself, eg. have you been name calling, annoying, threatening, showing off. If you have, change what you are doing.
9. If bullying continues after reporting it the first time, report it again.
10. If you feel or think that you are different in any way, be proud of it. Individuality and diversity, within the rules, are important.
How can you help someone else who is being bullied?

- If you know of bullying, report it.
- The targeted students may be too scared or upset to tell anyone. Remember that NOBODY deserves to be bullied.
- Show the bully that you and your friends strongly disapprove of his or her actions.
- Seek help.
- Give support to students who are bullied.
- Be careful about teasing people or making personal remarks. If you think that students might not find your comments funny, don’t say them.

Advice for parents

- Watch for signs that your child might be being bullied. Some of the following may indicate bullying: wanting to miss school, a pattern of headaches or stomach aches, becoming withdrawn, nightmares, tension or unhappiness, taking it out on others at home, bruising, the disappearance of property, damaged clothing.
- If you think your child is being bullied, inform your child’s teacher immediately. Strategies will be devised that will help support your child inside and outside school.
- Don’t be swayed by your child’s pleas not to interfere because of their fear of retaliation. For the student’s sake, bullying needs to be addressed.

This will be most effective with the school and family working together.

Also

- Encourage your child to develop friendships. A student who has friends is less likely to be bullied.
- Support your child in developing their talents and participating in sports or other activities that will build confidence in a safe, supervised environment.
- Work at improving your child’s self-esteem.
- If your child has been bullied frequently by different students, seek school advice so that s/he may become more assertive and resilient, and hence reduce the likelihood of being bullied.

Remember –

*If you or someone else is being bullied, tell someone.*

*This is reporting “abuse” not “dobbing”.
Nobody deserves to be bullied.
To ignore bullying is to condone it.*

BULLYING. NO WAY!

Reference: www.bullyingnoway.gov.au