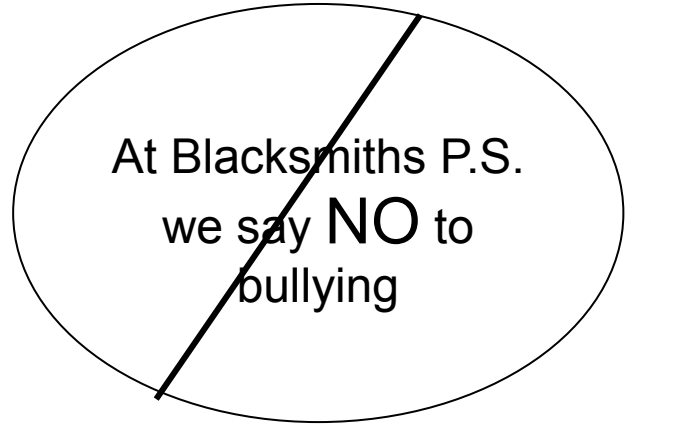


**What our school does to prevent bullying:**

1. Our school rules prohibit any form of bullying.
2. Staff are aware of the signs of bullying and of school procedures for dealing with it.
3. Students are taught strategies for dealing with bullies and bullying
4. Bullies and victims are offered support and counseling.
5. Parents are informed of the school's Anti-bullying policy and procedures.



We all have a responsibility and a right to:

- Feel safe and happy
- Help others feel safe & happy
- Treat everyone as a worthwhile person
- Report bullying & bullies

If you are not being bullied, but are aware of others who are - **YOU CAN DECIDE TO DO SOMETHING ABOUT IT AND HELP TO PROTECT THEM.**

- If you are part of a bullying group it is better to change your friendship group now rather than go on hurting others.
- Those who bully need help too. That is why it is best that you report bullying so that something will be done about it.

# Blacksmiths Public School Anti-Bullying Plan



Doing our best  
together

# WHAT IS BULLYING?

Bullying is ongoing verbal and /or physical attacks against a person. It is meant to hurt physically and/or emotionally.

This can be done by an individual or by a group gathering together to bully someone.

## Physical

- Hitting, punching, jostling, pushing, spitting or sexual abuse
- Frightening others by threatening these actions against them.
- Hiding, damaging or destroying the property of others

## Non physical bullying

- Name calling or putting others down
- Using offensive names, making suggestive comments or other forms of sexual harassment.
- Using abusive language to others
- Making degrading comments about another's race, culture, gender, religious or social background.
- Ridiculing a person or making hurtful comments about his/her body or face
- Writing crude notes or crude drawings about others
- Spreading rumours about people or their families
- Belittling another person's abilities and achievements
- Deliberately isolating a student
- Emails and text messages which are inappropriate, upsetting or offensive.
- Cyberbullying, posting things on the internet ie. "You tube"

**Do you take part with a group in helping to insult and offend others?**

**Do you condone bullying of others by laughing, standing by and watching, or by failing to intervene?**

# WHAT TO DO IF YOU ARE BEING BULLIED

You **can** control what happens.

**Do not** retaliate by using bullying. Do not show fear. If you don't show fear the bully is no longer rewarded and bullying may stop.

**You have to decide what action to take.**

**Step 1:** Ignore it. Show that it does not upset you. The bully is then not rewarded and the bullying may stop.

*If it does not stop:*

**Step 2:** Talk to the person bullying you. Tell her or him to stop.

*If it still does not stop:*

**Step 3:** Talk it over openly with trusted adults (i.e. class teacher or parent). They can help you decide what to do.

*If the bullying still does not stop:*

**Step 4:** Talk to the Principal. Allow him/her to take the action they see as necessary.

**Remember:**

**It is your right to tell someone if you or your friends are being bullied.**

# CONSEQUENCES

**(What will happen if you bully someone)**

**If you bully someone, one or more of the following will occur:**

- You will talk to teachers or the Principal about your behaviour
- Your parents will be informed
- You may be removed from the classroom/ playground
- You may complete a behaviour reflection sheet
- You may lose privileges, such as participating in special activities, representing the school etc.
- You will need to offer apologies
- You may lose your own time (detention)
- You may be suspended
- You will need to show that you are able to treat others properly before your privileges are restored

