

THE IMPORTANT ROLE OF PARENTS

Parents you can help by:

Showing interest in your child's school, social, sporting and cultural life.

Having a warm, friendly home environment where your child is encouraged to bring friends home.

Encouraging your child's self esteem by saying and doing positive things, nurturing their positive qualities and valuing them for whom they are.

Discussing the school's expectations about behaviour and how to best deal with bullying.

Being observant and looking out for the tell-tale signs that something is wrong.

If your child has concerns speak to the child's teachers first to gather their perspective.

Informing the school if you become aware of any bullying incident so it can be discussed, investigated and prevented.

**ALL STUDENTS
HAVE A RIGHT TO
ATTEND
ST JOHN'S SCHOOL
AND FEEL SAFE!**

SCHOOL RESPONSE TO BULLYING

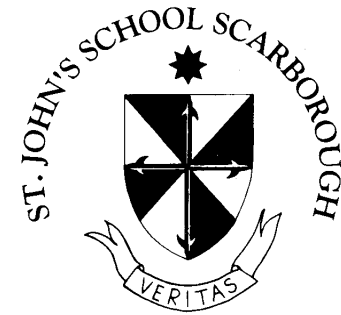
Different situations may require different strategies and consequences:

Possible Outcomes/Consequences:

- Inform parents and arrange an interview if required.
- Professional support for students who are being bullies, and those who are involved in bullying, from a range of agencies
- Individual/group counselling using agencies.
- Note to parents or completed 'Think Sheet' from child explaining their behaviour.
- Exclusion from school activities eg excursions.
- In-school detention.
- Out-of-school suspension.
- Warning.
- Expulsion.

Note: These consequences are not sequential.

**PRINCIPAL MAY TAKE ANY
ACTION DEEMED NECESSARY
AT THE TIME.**



SCHOOL POLICY STATEMENT ON BULLYING

VISION STATEMENT

St John's is a Catholic school that forms a faith community sharing the church's task of spreading the Good News that a loving God, always present in our lives, will bring us to eternal happiness.

The school forms an educating community that involves students, staff and parents in a welcoming and nurturing atmosphere that is helping its students to make sense of their faith in their daily lives and culture.

This emanates from an organised, open and disciplined environment. This enables children to grow towards their true potential, developing the responsibilities and respect this brings to themselves and others.

With this, the school generates HOPE and seeks the TRUTH in all its endeavours as it strives for EXCELLENCE.

POLICY STATEMENT

The St John's School community states that any form of bullying is totally unacceptable behaviour and will not be tolerated at any time.

WHAT IS BULLYING?

Bullying is any wilful, conscious behaviour intended to hurt another person, either physically or emotionally. Bullying can take many forms:

Verbal:

- Making hurtful and racist comments / jokes, name calling.
- Commenting on social or family backgrounds.
- Picking on others.

Emotional:

- Spreading rumours, gossip.
- Taking or damaging property.
- Sending hurtful notes.
- Attempting to intimidate, threaten or belittle.
- Forcing an individual to do something they don't want to do.

Social:

- Deliberately ignoring or avoiding.
- Excluding from the group.

Physical:

- Hitting, punching, tripping.
- Kicking, biting.
- Negative body language.
- Damaging someone's property.
- Stealing someone's personal possessions.

WHAT IS A BULLY?

A bully demonstrates negative behaviour that causes anxiety and distress. The behaviour is repetitive and creates an imbalance of power.

WHAT DO I DO IF I AM BEING BULLIED?

If you are being bullied you should take appropriate action and not just accept it.

- First and foremost you should believe in yourself.
- You have the right to feel safe and valued.
- Try not to take revenge by becoming a physical or verbal bully yourself.
- You could try to ignore the bullying. If you show that you are not upset, the bully may stop.
- Tell the bully to "quit it" or "get lost" or "cut it out".
- Laugh it off, use humour.
- Don't be afraid to talk about it with your friends or family.
- You could talk to some of the older students at school, especially the student leaders. They can help you decide how to handle the situation or they can take action.
- Build your own protection by establishing friends.
- Be smart about avoiding high risk places and times.
- Stop doing that which makes you a target.
- There are many adults at school who want to help you too; perhaps you could talk to your teachers, the Assistant Principal or the Principal. They can help you decide how to handle the situation or they can take action.

WHAT DO I DO IF I WITNESS A BULLYING INCIDENT?

If you witness someone being bullied, we hope you care enough to want to help. We all need to work to stop bullying in our school.

You should:

- Offer friendship and support to the victim, encouraging them to get help from an adult, family or senior student.
- If possible, intervene while the bullying is happening by saying "leave him/her alone" or "cut it out".
- Report the incident to a teacher or parent as soon as you can. Don't be afraid to come forward as you can speak in privacy and your identity will be kept anonymous if you desire.

IT IS AGAINST THE LAW TO VICTIMISE WITNESSES OR COMPLAINANTS.

TELL-TALE SIGNS OF BULLYING

- A sudden unwillingness to attend school, failing, sad.
- A decline, or total loss of self-confidence.
- A lack or loss of interest in social events.
- A drop in school performance / achievement.