



## Positive Relationships, Safe School Policy

Bullying is typically repeated and intentional hurt inflicted on someone by words or actions of another person or group to exert power.

What bullying may look like

- Repeated verbal threats and cruelty
  - Name calling and persistent teasing
  - Ridiculing another person's appearance, physique or actions
- Repeated physical threats and cruelty
  - Punching, pushing, poking, shoving, spitting, etc.
  - Deliberate property damage
- Repeated indirect threats and cruelty
  - Malicious gossip, spreading rumours
  - Deliberately hiding property
  - Ignoring and persistent exclusion from friendship circles, social exclusion
- Cyber
  - Deliberate inappropriate use of mobile phones text messaging and internet communications
- These actions demonstrate there has been a breakdown in relationships between students.

### When bullying occurs what should be done?

By the students

- Initially use appropriate responses to solve the problem (e.g. walk away and report the incident)
- Seek intervention by reporting bullying to a teacher, support staff or parent
- Demonstrate positive bystander behaviour and tell a teacher, support staff or parent if they see another
- student being bullied
- Never ignore the situation

By the parent

- Model appropriate behaviour at all times
- Support the school's philosophy
- Watch for signs that your child may be being bullied (e.g. a change in behaviour at home)
- Encourage your child to adopt the anti-bullying strategies taught at school
- Instruct your child to immediately tell a teacher or support staff they are being bullied
- Inform the school immediately of any suspected bullying

By staff

- Model appropriate behaviour at all times
- Reassure the individual that bullying is unacceptable
- Listen to the student and ask what you can do to help
- Act appropriately to the student's concern by intervening at the appropriate level
- Provide advice, intervene and monitor

### Who Can Help?

All students are expected to accept the opportunity to learn and not distract others from learning. However, not one of us is on our own. At Elanora people are available to help. Outside assistance can be recommended if required.

**Help you may need**

Personal Counselling

Negative Habits

Sexual Harassment

Study and Organisational Skills

Harassment

Career Advice

Personal Health Issues

**Who can help you**

Guidance Officer

Guidance Officer, Year Coordinator or a teacher with whom you feel secure

The school has people trained to help in this area

Guidance Officer, Heads of Department, DOS, Year Coordinators and FORM teacher

(Verbal or Physical) Year Coordinator, DOS and Administration

Mentor Teacher and Guidance Officer

School Nurse

Remember, you are not alone: your parents, form teacher, Chaplains, Year Coordinator, Guidance Officer, Dean of Students, Deputy Principal or Principal are always available to assist you.