

## What is Bullying?

Bullying is deliberately hurtful behaviour towards an individual or a group which is repeated over a period of time.

**There are four main types of bullying:**

**PHYSICAL** eg hitting, dakking, kicking, taking belongings and fighting.

**VERBAL** **EG** name calling, teasing, insulting racist remarks and threatening language

**INDIRECT** eg spreading nasty stories and excluding someone from social groups.

**CYBER** Use of on-line communication in a hurtful manner.

## When you are being bullied:

- Be firm and assertive. Look at them in the eye and tell them to STOP.
- Go to an adult or Peer Supporter for support.
- Do not fight or argue back.

## If you have been bullied...

- Tell a teacher or another adult in the school.
- Tell your family.
- Ask a friend to go with you to tell an adult in the school



**Falcon Primary School**

A Western Australian Independent Public School

## Bullying Prevention Policy

*Our bullying prevention policy recognizes that every one has the right to feel valued and safe, and in this regard understand their rights and obligations and behave responsibly.*

**BULLYING. NO WAY!**  
SAFE AUSTRALIAN SCHOOLS.  
TOGETHER.

## What our school is doing to prevent bullying behaviour:

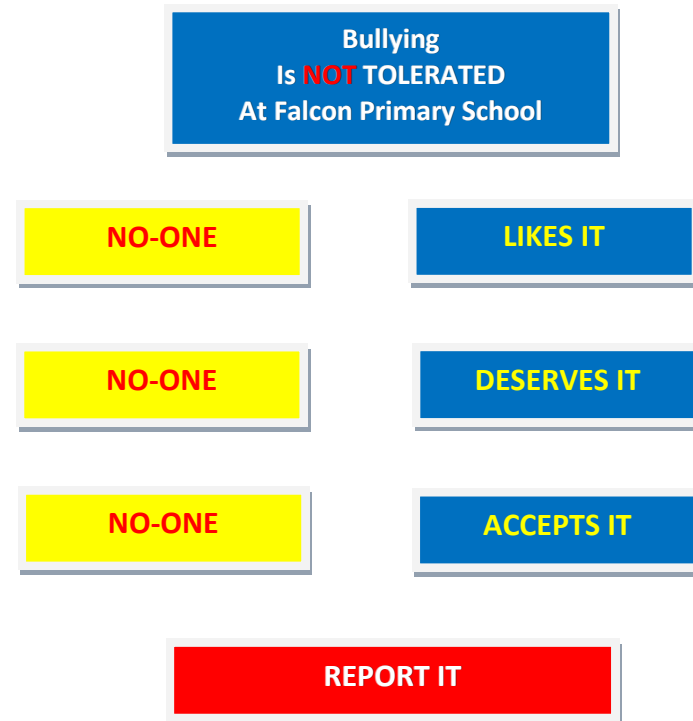
- Ensure all students are aware of what bullying is; ensure bullying prevention is taken seriously; and ensure that bullying is not tolerated.
- Create open, positive, caring classroom and playground environments where children feel confident and safe in telling adults when they are being bullied.
- Teach children about peer pressure, assertiveness and the need to accept full responsibility for their own personal behaviour.
- Consistently implement the school's policy in relation to classroom and playground behaviour management.
- Provide opportunities for peer support and counselling.
- Train the children in bullying prevention strategies such as...
  - Use of "I" statements
  - No-Blame approach to conflict resolution
  - Informing adults.
  - Seeking help from Peer Supporters
  - Kelso's Choices
- Help children develop into confident, socially well-balanced people who do not need to resort to bullying.
- Provide care for the "victims" of bullying.
- Enhance the self-esteem and confidence of each child.
- Regularly remind children of the school Code of Behaviour and its associated "Rights and Responsibilities".

## Programs We Implement:

- Virtues Program
- Buz Together
- Aussie Optimism
- Peer Support
- Chaplain
- Youth Worker



## Our Approach to Bullying Prevention:



*Children, parents and staff have a joint responsibility in helping prevent bullying at our school.*

