



POINTS FOR PARENTS



HOW PARENTS CAN HELP THEIR CHILD?

TELL-TALE SIGNS:-



- ✓ An unwillingness to attend school
- ✓ Lack of interest in school work
- ✓ A lack of confidence where the child was once eager/enthusiastic to participate in activities with others
- ✓ Refusal to discuss and share the problems that are the cause of the anxiety
- ✓ Crying, stress, anxiety when asked to leave a safe situation
- ✓ Clinging, - a feeling of powerlessness to cope alone.
- ✓ Moody and at times unexplained distress and anger.
- ✓ Nightmares, sleeplessness
- ✓ Loss of appetite




WHAT PARENTS CAN DO TO SUPPORT THEIR CHILD:-

- ✓ Be observant:- Look for the tell tale signs when you suspect your child is not happy
- ✓ Encourage your child to talk, try to be patient if they have trouble telling you things. A child may have difficulty finding the words to describe what is happening to them and how they are feeling.
- ✓ Suggest they draw what it is they are trying to say



WHAT PARENTS CAN DO (CONTINUED)



- Try not to show your own anxiety in front of the child.
- ✓ Try not to over react, listen calmly and quietly, let the child tell the story in their words.
- ✓ Collect all the facts, perhaps write down points to discuss with your child gently after the story. It is important that the child is not further stressed
- ✓ Strongly emphasise that incidents of bullying and harassment happen to most people at some time in their life, they are not on their own
- ✓ Reassure your child that they have your love and support, they do not have to deal with this alone, together  will help them manage the problem and make it stop.
- ✓ Begin to reinforce your child's assertive, - not aggressive behaviours.
- ✓ Discuss with your child's classroom teacher the type of school and classroom and social skills programs they may use. The skills encouraged at school may be practised at home



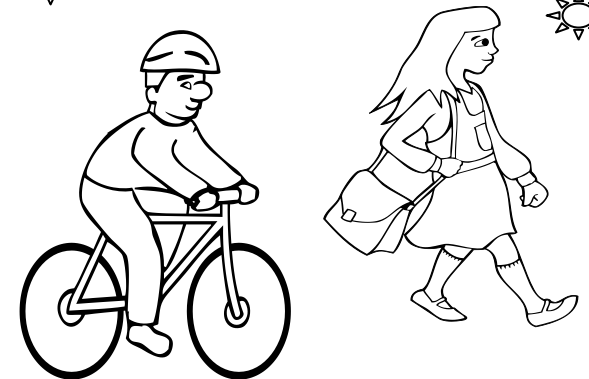
**LET'S WORK AS A TEAM
TO BUILD AN INCLUSIVE
SCHOOL!**



BIBRA LAKE PRIMARY SCHOOL ANTI-BULLYING POLICY



**DON'T 'YOU' BE BULLIED
AT SCHOOL!**



**SPEAK UP!
TELL SOMEONE YOU TRUST,
SOMEONE WHO WILL HELP
TO STOP THE BULLYING.**

ALL STUDENTS HAVE THE RIGHT TO FEEL SAFE AT SCHOOL

WHAT IS BULLYING?

Bullying is a repetitive attack which causes distress, not only at the time of the attack but also by the threat of future attacks. It is characterised by an imbalance of power of one person over another. Its nature may be physical, social and/or psychological. Bullying can be defined by measuring the effects the attacks have on the vulnerable child. (Besag 1989)

WHAT DOES BULLYING LOOK LIKE?

It can be:-

- ✓ Touching, hitting, teasing, abusing humiliating and mocking. Name calling
- ✓ Intimidation and threatening behaviour
- ✓ Deliberate exclusion from activities.
- ✓ Whispering - to deliberately exclude.
- ✓ Comments about a student's school work or lack of sporting prowess.
- ✓ Spreading hurtful and untrue rumours.
- ✓ Hiding someone's property.
- ✓ Writing nasty notes about another person.
- ✓ Writing and sending mean and nasty messages on the internet, phone or the computer.
- ✓ Making racist and hurtful comments about a person's beliefs or culture.
- ✓ Hurtful comments about students' families, their siblings or the work their parents may do.

WHAT CAN WE ALL DO ABOUT BULLYING?

TALK ABOUT HOW WE FEEL WHEN THIS HAPPENS TO US!

BULLIES HOPE YOU WON'T TELL!

When you need to report a bullying problem, there are lots of people to talk to:-

- ✓ Friends
- ✓ Family members
- ✓ Mum, Dad, sisters and brothers
- ✓ Teacher
- ✓ Deputy Principal
- ✓ Principal

Choose someone you know will listen to your concerns; someone who will support you and help make the bullying stop.

DON'T TAKE ANY NOTICE OF OTHER STUDENTS WHO MAY CALL YOU A DOBBER!

WAYS WE CAN ALL STOP BULLYING IN OUR SCHOOL

SHOWING LEADERSHIP SKILLS:

- ✓ If you are not being bullied, be 'cool' by telling others to walk away. If you lead the way, others will follow your example.
- ✓ Find an adult and report what you it was you witnessed.
- ✓ Should you feel able to support the person being bullied, stay with them, don't get into a fight, but stand close.
- ✓ If you feel strong enough, try to stay as calm as you can, look the bully in the eye and ask them to stop i.e.

"I want you to stop what you are doing/saying".

REPORT ALL INCIDENTS OF BULLYING