Anti-Bullying Process

At Mallala Primary School, we believe that all students have the right to a safe, inclusive and supportive learning environment. Bullying, including cyber bullying; harassment and violence, and bystander behaviour is unacceptable behaviour.

Bullying

Bullying is repeated verbal, physical or social behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons. Cyber bullying refers to bullying through information and communication technologies. Bullying in any form or for any reason can have long term effects on those involved, including bystanders.

Physical or Violence	Hitting, pushing, touching, grabbing, looks, stares, facial expressions, gestures, spitting, taking or damaging property
Verbal or written	Spoken or written insults, threats, suggestive comments, name calling, unfair criticism, spreading rumours
Cyber	Using e-mail, voice and text messaging, social networking sites, photographic and video images
Graffiti	Using pictures, tags or words
Social	Forming groups to leave out, ignore and disrespect; influencing, encouraging or organising someone else to be involved in any type of bullying or harassment
Sexual harassment	Making unwanted sexualised comments or unwanted advances

What is not bullying?

Single incidents and conflicts or fights between equals, whether in person or online, are not defined as bullying. Not all aggressive or harmful behaviour between people is bullying. While conflicts and aggressive behaviour need to be addressed, it is important to be clear when these behaviours are not actually bullying.

The definition of bullying has three critical aspects: it is a misuse of power within relationships, it is repeated and ongoing, and it involves behaviours which are deliberate with intent to cause harm. All three aspects need to be present in order for behaviour to be called bullying.

Harassment

Harassment is behaviour that targets an individual or group due to their identity, race, culture, religion, physical characteristics; gender, age and /or ability or disability, and that offends, humiliates, intimidates or creates a hostile environment. Harassment may be an ongoing pattern of behaviour or it may be a single act.

What can you do about bullying and harrassment?

If you are being bullied or harassed, please tell a trusted adult as soon as possible. Include details about when and where it happened. Do not ignore it.

Who and how to report?

Report to teachers, Deputy Principal, Principal, other school staff and parents / caregivers. Report where and how often the bullying is occurring and what has already been tried to stop it happening.

Government of South Australia
Department for Education

Signs that a child may be bullied

Students who are being bullied or harassed may not talk about it with their teachers or friends. A change in behaviour in students may be a signal that they are being bullied or they have some other concern. Adults should be aware of these possible signs and that they should investigate if a child:

- Has unexplained cuts, bruises or scratches
- Doesn't want to go on the school bus or is unwilling to go to school
- Becomes withdrawn, anxious or lacking in confidence
- Cries him/herself to sleep at night or has nightmares
- Feels ill in the morning or has vague headaches / stomach aches
- Asks for extra pocket money or food
- Begins to do poorly in school work
- Has possessions go missing
- Becomes aggressive, disruptive or unreasonable
- Is bullying other children or siblings
- Is 'hiding' information on mobile phones, emails or in comments on their social networking pages

What we do at Mallala Primary School to reduce and manage bullying

Prevention strategies include:

- using the Keeping Safe: Child Protection Curriculum and Friendly Schools program
- Positive Education
- using anti bullying and bystander programs
- cyber safety curriculum
- teaching students about violence prevention, conflict resolution, anger management and problem solving
- using whole school grievance procedure processes
- teaching for and about diversity
- providing professional learning for staff
- using restorative processes

Intervention strategies may include:

- counselling students
- talking with parents or caregivers
- individual behaviour plans
- teaching students to be effective bystanders
- ensuring that all staff know how to address bullying effectively and respectfully
- restorative practices
- mediation
- police action

Post-intervention strategies:

- Monitoring the situation between the students to ensure that their safety and wellbeing are maintained.
- Talking with parents or caregivers about strategies.
- Regularly reviewing and evaluating yard procedures, behaviour code and policies.

At Mallala Primary School we take bullying very seriously and do not use a 'one size fits all' approach as every person and every incident of bullying are different therefore interventions and consequences will vary accordingly.

For further information the following websites are recommended:
https://bullyingnoway.gov.au/
https://kidshelpline.com.au/teens/issues/bullying
https://www.ncab.org.au/

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