



# Preventing Bullying and Harassment

**We at Comet Bay College have zero tolerance to any form of bullying or harassment.**

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## What is Bullying?

**School policy definition:** Bullying is when an individual or group misuses power to target another individual or group to intentionally threaten or harm them on more than one occasion. This may involve verbal, (cyber), physical, relational and psychological forms of bullying.

Examples of Bullying may include:

<b>Verbal</b>	Name calling, teasing, abuse, putdowns, racist comments, sarcasm and threats.
<b>Physical</b>	Hitting, punching, kicking, scratching and tripping.
<b>Social</b>	Ignoring, excluding and making inappropriate gestures.
<b>Emotional</b>	Spreading rumours, dirty looks, hiding or damaging possessions, sending hurtful notes, forms of "Cyber Bullying" such as malicious SMS, email messages, and inappropriate use of camera phones.

## Recommended Response of Students Being Bullied





- 👍 Don't be afraid to talk to your parents, teacher, year co-ordinator and friends about the situation. If something is making you feel uncomfortable it is not "dobbing" if you tell someone.
- 👍 Try to ignore the bullying. If you show that you are not concerned, the bully may stop.
- 👍 Try not to retaliate by becoming a physical or verbal bully yourself.
- 👍 Avoid the person who is bullying you.
- 👍 Be assertive and tell the person to stop. If they choose to continue, you have the right to report the situation.
- 👍 Talk to a Year Co-ordinator, Dean of Student Support or Associate Principal.
- 👍 Report the issue to Student Support including filling out a 'Student Event Report'

**"You have the right to feel happy and secure at School so don't accept the situation and seek help. Comet Bay College takes bullying seriously and we are on your side."**





- 👍 Don't allow the bully to continue the behaviour and care enough for the victim to assist.

## Recommended Response of Bystanders





*"All that is necessary for the triumph of evil is that good men do nothing."* (Edmund Burke)

-  Intervene and remind the bully that such behaviour is not acceptable. Don't be a bystander and do nothing.
-  Report the incident to a member of staff. You may need to establish you want privacy and confidentiality.
-  Provide support and friendship to the victim. Make suggestions about handling the situation and encourage the victim to seek help.
-  Show care and respect for others inside and outside the classroom. Make a special effort towards a student who may feel lonely or who is experiencing a difficult time.

## Recommended Response of Parents

-  Be aware of your own responses and act in a calm, supportive and caring manner and suggest ways your child can obtain help at school.
-  Support your child to report it to a staff member if you suspect your child is being bullied.  
Keep in mind there may be other factors related to the situation. Remember there are two sides to every story and all facts need to be investigated.
-  Do not approach or speak to the children bullying or their parents. This may make the situation worse.
-  Support and trust the College in dealing with the issues, as a student's welfare is a Parent – College partnership.

## Recommended Response of Teachers

-  Act on all observed or reported incidents of bullying.
-  Reinforce regularly the expectations the College has towards bullying.
-  Provide Pastoral Care to all students involved in bullying behaviours.
-  Support all victims of bullying.

## Resolutions to Bullying

**Bullying incidents can vary in their form and severity. At times those who bully or harass are also in need of help. Therefore, if an incident of bullying is reported the response may include any or all of the follow:**

- ◆ Advise and confer with a Class Teacher, Year Co-ordinator, Student Support, or Associate Principal.
- ◆ Provide support and counselling to the student being bullied and include the student in the action plan.
- ◆ Provide support and counselling to the student(s) carrying out the behaviour together with clarification of further consequences/ sanctions.
- ◆ Inform parents.
- ◆ Intervention using the "Method of Shared Concern" and the "No Blame Approach".
- ◆ Invite parents to meetings at the College to discuss approach / provide support.
- ◆ Follow-up meetings with all parties to monitor progress.

**Recurrent or severe incidents will be dealt with by the Dean of Student Support or Associate Principal. Further disciplinary action may occur in consultation with the Principal.**

## Advice to Parents

- ◆ Show interest in what your child does at the College and how they are feeling. Take time in each day to talk with your child.
- ◆ Foster a positive home environment which models good listening skills and accepts and tolerates the differences in others.
- ◆ Encourage your child's self-esteem by valuing who they are and reinforcing their positive qualities.
- ◆ Openly discuss College issues with your child and the College expectations about behaviour.
- ◆ Be aware of and monitor your child's internet social network.
- ◆ Watch for signs of bullying :-
  - Reluctance to attend school.
  - Complaints of headaches or stomach aches.
  - Mood Swings.
  - Withdrawal from social activities with peers.
  - Refusal to say what is wrong.
  - Decrease in school performance.
  - Signs of distress.

**If your child reports being bullied, treat the concern seriously and assist them to report to Student Support, Dean of Student Support or Associate Principal.**

### **For information about online safety:**

[www.cybersmart.gov.au](http://www.cybersmart.gov.au)

### **For information about bullying:**

[www.bullyingnoway.com.au](http://www.bullyingnoway.com.au)

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