

**CHRIST THE KING
SCHOOL
SUGGESTIONS FOR
OPPOSING
BULLYING**

**MAKE OUR SCHOOL
HAPPY AND SAFE
PLACE**

***CARE FOR AND
RESPECT EVERYONE***

**ACT TO
STOP
BULLYING**

***CARE
FOR AND
RESPECT
EVERYONE***

PARENTS CAN HELP

TAKE AN ACTIVE INTEREST

- in your child's social life
- in what is happening at school

ENCOURAGE YOUR CHILDREN

- to bring friends home
- to accept and tolerate differences in others

DISCUSS WITH YOUR CHILDREN

- the school's expectations about behaviour
- ways to respond if their rights are infringed

ENCOURAGE CONSTRUCTIVE RESPONSES

- physical bullying or persistent teasing should be reported
- hitting back or retaliating with name calling won't solve the problem

SET AN EXAMPLE

- be firm, but not aggressive in setting behaviour limits
- be positive in things you say and do

BE ALERT FOR WARNING SIGNS

- unwillingness to attend school
- dropping off in academic performance.
- damaged clothing and frequent loss of personal property
- loss of confidence and uncharacteristic mood changes
- withdrawal from social activities

ACT!

- if your child is being bullied at School, report it to their teacher.
- your report will be followed up



**CHRIST THE KING
CATHOLIC
PRIMARY SCHOOL
BULLYING
INFORMATION FOR
PARENTS**

Christ the King Primary School's motto is Care for and Respect Everyone. We aim to promote our motto through an environment in which everybody at our school feels valued and safe, and where individual differences are appreciated, understood and accepted.

Every person at Christ the King Primary School has a right to enjoy their time at school. We aim to provide a supportive environment for the well-being of the whole school community.

**AT
CHRIST THE KING EVERYONE
HAS
RIGHTS AND RESPONSIBILITIES**

RIGHTS	RESPONSIBILITIES
to feel safe	to respect yourself
to learn and grow	to respect others
to be respected	to use common sense
to be valued	to support others

WE DO NOT TOLERATE BULLYING

It is your right and responsibility to report bullying, whether it happens to you or to someone else.

WHAT IS BULLYING?

(National definition of bullying for Australian schools)

Bullying is an ongoing misuse of power in relationships through repeated verbal, physical and/or social behaviour that causes physical and/or psychological harm. It can involve an individual or a group misusing their power over one or more persons. Bullying can happen in person or online.

Bullying of any form or for any reason can have long-term effects on those involved, including bystanders.

Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying.

DO YOU BULLY?

HAVE YOU BEEN BULLIED?

Bullying comes in many forms, including but not limited to:

- calling hurtful or racist names
- being picked on
- deliberately punching, hitting, bumping
- teasing
- spreading rumours about someone
- mocking
- repeatedly "putting down" someone
- threatening
- deliberately ignoring and avoiding
- taking or damaging property

BULLYING

- is the mis-use of power
- is uninvited aggressive words or actions
- is hurtful

**THERE IS NOTHING SO AWFUL
THAT WE CAN'T TALK ABOUT
IT WITH SOMEONE**

WHAT TO DO IF YOUR ARE BULLIED

FOLLOW THESE STEPS:

- Stay cool : ignore it, walk away
laugh along with it
use humour

If this doesn't work:

- Tell them to stop it. Strangely enough, it has been proven that in some cases, telling bullies off like this sometimes works.

E.g.: "I've had enough of this, stop hassling me."

or: "OK, you've made your point. Now give me a break."

- Talk about it with your friends or parents to help you make a decision.

If all else fails:

- Discuss it with your classroom teacher or a teacher you can relate to.

WHAT TO DO IF YOU KNOW SOMEONE IS BEING BULLIED

1. Care enough to do something about it, whether it affects you personally or not.
2. Early intervention can defuse a situation before it gets out of hand.
3. Report it to a member of staff.

TO PREVENT BULLYING

1. Respect yourself and others.
2. Work to create a pleasant school environment for all.
3. Learn to tolerate and accept individual differences.
4. Support the school policy on bullying