WHAT IS BULLYING?

Bullying is any behaviour that makes people feel embarrassed, uncomfortable, threatened or scared, offended or humiliated.

- it can take a number of forms; physical, verbal, gesture, extortion....and exclusion
- it is an abuse of someone's rights as an individual
- it can be planned and organized or it may be unintentional
- individuals or groups may be involved

SOME EXAMPLES OF BULLYING INCLUDE:

- any form of physical violence such as hitting, pushing or spitting on others
- interfering with another's property by stealing, hiding, damaging or destroying it
- using offensive names, teasing or spreading rumors about others and their families
- using put downs, belittling others abilities and achievements
- writing offensive notes of graffiti about others
- making degrading gestures/comments about another's culture, religious or social background
- hurtfully excluding others from a group
- making suggestive comments or other forms of sexual abuse
- ridiculing another's appearance
- forcing others to act against their will

WHAT CAN YOU DO IF YOUR CHILD IS BULLIED?

If your child is bullied by other students:

- listen to your child and make it clear that it is not their fault
- ask your child if he/she feels comfortable about telling the offender/s to stop the bullying
- if your child does not wish to do so, or has already tried to stop the bullying, ask your child to speak to the class teacher or other staff member
- if your child does not wish to do so, as a parent you can talk to your child's class teacher or Principal
- refer to Parent Easy Guide 29, published by Parenting SA “Being Bullied”
- refer to resources under FINDING OUT MORE ABOUT BULLYING on the back of this pamphlet
- be aware of your own reactions and letting your emotions get the better of you
- If there is not a satisfactory resolution and your child continues to be bullied, please contact the Principal and follow the school's Grievance process.

WE NEED TO CARE FOR EACH OTHER AND BE CONCERNED ABOUT THE SAFETY AND HAPPINESS OF OTHERS
FINDING OUT MORE ABOUT BULLYING

The Kids Helpline ‘Bullying’ information sheet can be found at www.kidshelp.com.au

The Bullying. No Way! Website found at www.bullyingnoway.com.au provides information about ways to minimize bullying in schools.

The Australian Mobile Telecommunications Association (AMTA) offers tips for managing mobile phone bullying at www.amta.org.au

BULLYING:
YOUR RIGHTS AND RESPONSIBILITIES:
INFORMATION FOR PARENTS

All members of the Blyth Primary School community are committed to ensuring a safe and caring environment, which promotes personal growth and positive self-esteem for all.

If your child is being bullied, you have the right to do something about it.

THIS INFORMATION MAY HELP YOU