

You can control what happens by following the action plan:

If you are being bullied or harassed in the playground:

- Take a deep breath
- Look directly into the eyes of the person attempting to bully you
- Speak in a firm, clear voice and say loudly “Stop that, I don’t like it!”
- Go directly to your teacher or the teacher on duty if you are in the playground. If the bully attempts to stop you, report what happened.

Any further incidents of bullying or threatening behaviour by the same person may result in him/her:

- Sitting in a time-out area in the playground or classroom
- Being referred to the Learning Support Team
- Discussing issue with the principal
- Having parents contacted by the school and informed of the bullying behaviour.
- Attending programs run by Behaviour Support personal

If you witness bullying behaviour always report it.

Remember ...it’s up to you!

Take control of the situation.

When we all work together we create a safe and caring school environment for everyone.

Students can control what happens by:

- Following the anti-bullying plan
- Not retaliating
- Telling an older person

Parents can control what happens by:

- Watching for signs of distress in your child
- Listening to your child
- Giving assurance and support
- Discussing the action plan with your child
- Advising your child to tell their teacher
- Informing your child’s class teacher of suspected bullying
- Attending interviews at school

Staff will:

- Be role models in words and actions
- Ensure students feel
 - Safe and valued in the classroom
 - Are listened to
- Be observant of signs of distress or suspected incidents of bullying
- Encourage students to ask for help when needed
- Report bullying to the principal

GLADESVILLE PUBLIC SCHOOL ANTI-BULLYING STRATEGY



We are committed to providing our students with a safe and secure environment.

You can control what happens.

Don’t put up with bullying.

WHAT IS BULLYING?

Bullying is repeated behaviour by an individual or group of individuals that causes distress, hurt or undue pressure.

Bullying occurs when a person is regularly:-

- called names
- threatened
- put down
- teased
- ridiculed
- physically hurt
- left out of games or the group
- sent hurtful notes, e-mails, SMS and instant messages. This may include messages on Social Media platforms such as Instagram, Kik, Facebook,
- singled out for unfair treatment
- picked on
- stalked or given dirty looks
- has rumours spread about him or her
- has property hidden, damaged, stolen or destroyed
- has graffiti written about him/her

If someone is bullied s/he:-

- may be confused and not know what to do about it
- may feel sad, frightened, unsafe, sick, embarrassed, angry, unfairly treated

It can affect school work and it can affect relationships with family and friends.

POSSIBLE SIGNS AND SYMPTONS OF BEING BULLIED

There is no particular pattern. A victim may...

- Have unexplained cuts and bruises
- Have equipment or personal items hidden, damaged, stolen or destroyed
- Complain of vague headaches, stomach aches or feeling sick
- Wet the bed, bite nails, have poor sleep patterns and bad dreams
- Exhibit unusual emotional outbursts or mood swings
- Withdraw from friend or family
- Appear anxious, insecure, sad, teary, depressed, secretive
- Have low self esteem
- Display an unwillingness to go to school
- Sit alone in class or be alone in the playground
- Change friendship groups frequently
- Come home hungry (food has been taken)
- Show deterioration in school work
- Avoids participating in school activities

At Gladesville Public School we support students through:

- An active student welfare committee
- Encouraging students to THINK before they ACT
- Playground Help Centre
- Creating positive classroom environments
- Consistently rewarding positive behaviour and effort
- Classroom based personal development programs
- Our Child Protection Program
- Our Drug Education Program
- Our Buddy/Peer Support program
- Maintaining student leadership roles
- An active Learning Support Team
- Programs for gifted and talented students
- An active P&C
- District consultative support